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## Guide 8

# Managing Physical Fitness Assessment Records for Pregnant Servicewomen

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# Pregnant Servicewomen

## 1. Pregnancy Status Policy

Navy Guidelines Concerning Pregnancy and Parenthood (OPNAVINST 6000.1 series) and Guidance on Pregnant Sailors in the Navy Reserve (COMNAVRESFOR 6000.1 series) states “Pregnancy and parenthood status must be made known to designated command officials while ensuring the service member's privacy.”

## 2. Pregnancy Status Defined

OPNAVINST 6110.1 series defines pregnancy status from the time pregnancy is confirmed by a military health care provider (HCP) or civilian HCP, in cases of inaccessibility to a Military Treatment Facility (MTF), until the end of the six months following convalescent leave (postpartum).

Pregnant Servicewomen must provide the Command Fitness Leader (CFL) with proof of pregnancy (DD 689, Individual Sick Slip). To comply with Health Insurance Portability and Accountability Act of 1996 (HIPAA), the CFL may not keep a copy.

In the Physical Readiness Information Management System (PRIMS), the CFL must assign the member a “pregnant” participation status for both Body Composition Assessment (BCA) and the Physical Readiness Test (PRT). If the member participated in the BCA and was later confirmed pregnant, PRIMS must reflect the current BCA results and “pregnant” for the PRT. The member will remain in the “pregnant” status in PRIMS during each Physical Fitness Assessment (PFA) cycle until the end of the six months following convalescent leave (postpartum). If an Authorized Medical Department Representative or HCP grants the member additional time past the 6-month postpartum period, a medical waiver is required.

## 3. Confirmed Pregnancy Policy

If a servicewoman failed her PFA and is able to provide documentation from her OB HCP that she was pregnant at the time the BCA and/or PRT was conducted, annotating the date of conception, the servicewoman’s official PFA record will then be updated in PRIMS and correctly documented as “Pregnant.” Requests to correct PRIMS data must be submitted to the Physical Readiness Program Office (OPNAV N170). The request must be sent via a Letter of Correction (LOC) with CO endorsement and supporting documentation (e.g. NAVMED Form 6000/10) from the servicewoman’s OB HCP. For guidance see Operating Guide 1, Section 1, paragraph 14.

#### 4. Meeting Physical Fitness Assessment (PFA) Standards

In accordance with OPNAVINST 6110.1 series, postpartum Servicewomen are exempt from participating in a PFA for six months following convalescent leave and upon return to full duty status by an HCP. At the conclusion of this six-month period, Servicewomen are required to participate in the next PFA cycle, as defined in OPNAVINST 6110.1 series (Jan/June and July/Dec) and outlined below:

| Month Waiver Expires | Roll to Cycle | Next Required PFA Cycle Begins |
|----------------------|---------------|--------------------------------|
| January              | 2             | July                           |
| February             | 2             | July                           |
| March                | 2             | July                           |
| April                | 2             | July                           |
| May                  | 2             | July                           |
| June                 | 2             | July                           |
| July                 | 1             | January                        |
| August               | 1             | January                        |
| September            | 1             | January                        |
| October              | 1             | January                        |
| November             | 1             | January                        |
| December             | 1             | January                        |

#### 5. Physical Training (PT) Requirements during Pregnancy

Policy states that the overriding concern for Commanding Officers (CO), supervisory personnel, and HCPs who are responsible for pregnant servicewomen is to provide for the health and safety of the servicewoman and her unborn child while maintaining optimum job and career performance.

Pregnant Servicewomen will not be mandated to participate in command/unit PT or FEP. It is the HCP's responsibility, not the CFL, to provide exercise guidance.

#### 6. Postpartum Servicewomen PT Responsibilities

Per OPNAVINST 6000.1 series and COMNAVRESFORINST 6000.1 series, the postpartum Servicewoman is required to gradually resume an individual exercise program under the guidance of their HCP.

#### 7. Fitness Enhancement Program (FEP) Participation

At the completion of the convalescent period, and after being removed from a "pregnancy status," the CO has the authority to request medical clearance from the Servicewoman's HCP to enroll her in FEP to assist in preparing the member for the next regularly scheduled PFA. The member will remain in the "pregnant" participation status in PRIMIS until the end of the six month postpartum period.

## 8. Termination of Pregnancy: Abortion/Miscarriage

Per OPNAVINST 6000.1 series, servicewomen who miscarry or have an abortion must seek evaluation by their HCP to determine the appropriate convalescent leave period.

## 9. Stillborn Birth

Servicewomen who give birth to a stillborn child(ren) are exempt from participating in a PFA for six months following delivery and upon return to full duty by an HCP, in accordance with OPNAVINST 6000.1 series .

## 10. In-vitro Fertilization (IVF)

During the actual IVF cycles, servicewomen will be exempt from participating in the PFA and BCA to better ensure IVF success. If the IVF treatment results in a successful pregnancy, the provisions of the pregnancy policy will pertain. If the IVF treatment is unsuccessful, the servicewoman will be expected to participate fully in the PFA in 2 months. (See OPNAVINST 6000.1 series for full details.)

## 11. Physical Readiness Information Management System (PRIMS) Documentation

A pregnancy is not considered a medical waiver. The CFL must choose the “pregnant” status when entering the member’s PRIMS data for each cycle during the pregnancy and postpartum stages. At no time will a pregnancy status be considered terms for a medical evaluation board when counting medical waivers. A member who suffers a miscarriage or abortion may receive a “pregnant” status based on the recommendation from the member’s HCP.