

## Physical Readiness Program E-GRAM

### UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N170B – April 2014

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#### Does a Flight Physical or any other physical exam take the place of a Periodic Health Assessment (PHA)?

NO! However, to create a streamlined and efficient process, it will be necessary to collaborate with various health service support personnel to promote ready access to care for service members. SECNAVINST 6120.3 enclosure (1), page (1) para (1)b., states that special duty examinations, such as a flight or diving duty physicals, and Occupational Health Surveillance exams shall be expanded to include any additional elements necessary to satisfy the requirements of the PHA.

#### What constitutes a Body Composition Assessment (BCA) Medical Waiver?

Per OPNAVINST 6110.1J, Guide (6), Section (9), para (2 & 3), BCA waivers may be granted in the setting of an inability to obtain an accurate weight (e.g. leg cast) or measurement (e.g., recent surgery on an area directly involved with the measurements used to calculate BCA). BCA waivers may also be granted due to a medical condition or medical therapy which has been newly diagnosed, worsened in severity, or increased in dosage in that six month period which is known to result in weight gain. The inability to exercise is not a valid reason for a BCA waiver.

#### When does a Medical Waiver expire?

Medical waivers expire at the end of the cycle for which they are recommended, no medical waiver is to be carried over into another Physical Fitness Assessment (PFA) cycle. If a medical condition persists, the member must obtain a medical waiver for each additional PFA cycle. The PRIMS application will not recognize a medical waiver that was used in a previous cycle.

#### When should a CFL/ACFL stop conducting courtesy weigh-ins for the command?

Courtesy weigh-ins are not to be conducted once the command's official cycle begins. The command's cycle will start once the dates are established by the CO/CFL.

#### When should an acclimatization period be established?

It is CO's discretion as to whether or not an acclimatization period is warranted for newly reported personnel. In consultation with medical, the CO shall determine a reasonable length for the acclimatization period. When safety of personnel is an issue, determination should be based off the differences in environmental conditions between duty stations. Such factors include but are not limited to elevation, humidity, and temperature. The acclimatization period also includes Fitness Enhancement Program participation.

### **Best Practice**

Fight the urge to slouch on the couch. Instead, get up and go.

Set an example for the kids in your life. Moving more can do more than just help your waistline, it can make you healthier by:

- Providing a way to connect to family and friends
- Making your bones and muscles stronger
- Helping you feel good about yourself
- Giving you something to do when you're bored
- Relieving stress
- Improving your sleep
- Building strength and endurance
- Making you feel full of energy

### **Tip of the Month!**

The Physical Readiness Program is only as good as the CFL.