

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS 5720 Integrity Drive, Millington TN 38055 - OPNAV N170 - August 2013

What is post-partum and how does it affect a servicewoman regarding the PFA?

Post-partum [pōst" pahr'tum] (L.) After childbirth. After delivery, the servicewoman receives 42 days of convalescent leave (CON LV). The immediate day following the end of convalescent leave, the servicewoman will start her six months of recovery. Following the completion of her six months recovery period, depending on the date, the servicewoman will be exempted from participating in the current PFA cycle and will be required to participate in the next cycle.

Example: Normal Pregnancy (No Complications)

Confirmed Pregnant: 6/13/2012
Delivery Date: 3/13/2013
CON LV Starts: 3/15/2013 (42 Days Started)
CON LV Ends: 4/26/2013 (42 Days Ended)
Recovery Period Starts: 4/27/2013 (Six Months Started)
Recovery Period Ends: 10/27/2013 (Six Months Ended)

Being that the six months recovery period ended during cycle 2013-2 the servicewoman is exempted from the current cycle (cycle 2013-2) and will participate in cycle 2014-1, even though there was time to complete a PFA when the recovery period ended.

Please refer to Operating Guide 8 (Managing PFA Records for Pregnant Servicewomen) for more information at the flowing link: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Documents/Guide%20-%20Managing%20PFA%20Records%20for%20Pregnant%20Service%20Women%20May%202012.pdf

Also, refer to OPNAVINST 6000.1C, Navy Guidelines Concerning Pregnancy and Parenthood, for more information concerning pregnant servicewomen and their responsibilities.

NOTE:

Be sure to visit the Physical Readiness Program Newsletters located at the PRP webpage by utilizing the link below. Each monthly newsletter will showcase a different command and how they promote a culture of fitness. You will also find a new workout routine for your fitness toolbox.

http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST_CENTURY_SAILOR/PHYSICAL/Pages/Newsletter.aspx

Best Practice

Avoid labor-saving devices, such as a remote control or electric mixers or try washing the car by hand.

Tip of the Month!

Share an entree with someone. If entrees are large, choose an appetizer or side dish.
Don't serve or ask for seconds.