

## Physical Readiness Program E-GRAM

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

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Does a member have to be in the LIMDU status (ACC 105) to receive a BCA medical waiver?

NO! Members may also qualify for a BCA medical waiver if:

- 1) There is an inability to obtain an accurate weight (e.g., arm or leg cast) or measurement (e.g., recent non-elective surgery on an area directly involved with the measurements used to calculate BCA).
- 2) Member has fallen out of BCA standards within the preceding 6 months due to a medical condition or medical therapy which has been newly diagnosed, worsens in severity, or increases in dosage in that 6-month period, which is known for weight gain.

If a member is stationed at a remote location and has only one AMDR for the geographical location, who is required to sign medical and BCA waivers?

If a member is requesting a medical waiver, the NAVMED 6110/4 only requires one signature for the AMDR to waive any or all PRT events. If a member is requesting a BCA waiver, the treating physician for the BCA condition will sign the first block labeled AMDR/Treating Physician Signature and the AMDR will sign the second block labeled AMDR/AMDR Supervisor Signature. The Commanding Officer's signature is required on the NAVMED 6110/4 in order to validate both medical and BCA waivers.

Should a CFL conduct a BCA on a member and then transfer the member out before conducting a PRT?

NO, absolutely not! CFLs shall screen all transferring members and ensure members complete a full PFA (BCA and PRT) prior to transfer if it is expected the member will reach the end of the PFA cycle prior to arrival at new command. The only time a BCA shall be taken without a PRT is if the member will transfer to a school or to a new command with an expected report date after the end of the current Navy cycle (June 30 or 31 December). In which case, the reporting senior of the member must submit a PFA non-participation letter to OPNAV (N170B) to request an "excused" non-participation status in PRIMIS.

#### **NOTE:**

***"CFLs/ACFLs are not allowed to conduct a "courtesy BCA" during the official command cycle."***

Courtesy BCAs are unauthorized once the official command cycle begins. Any BCA conducted during the official command cycle is considered an official BCA, even when the command staff states courtesy BCAs are allowed. Commanding Officers do not have the authority to override policy. The official command PFA cycle start date is identified in the 10-week notification. The 10-week notification shall include the end date of the command cycle.

\* The first BCA conducted during the command PFA is the official BCA.

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

Cutting back on added sugars, especially from sweetened beverages such as regular soda and fruit punch, can help you and your family maintain a healthy weight.

Studies show that people who consume many foods and drinks with added sugar tend to consume more calories than people who consume fewer of these foods. They also show a link between weight gain and drinking sweetened beverages.