

# Physical Readiness Program E-GRAM

## UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055 - OPNAV N170 - July 2013

### What is the CFL's responsibility regarding the Periodic Health Assessment (PHA) and Physical Fitness Assessment?

PRIMS programming will not allow a CFL or member access to the PARFQ until the Medical data (MRRS) is communicated from BUMED to OPNAV and meets the programming requirements. CFLs should not hold up PFA's when sailors have gone to medical and can prove they have completed the medical requirements.

In this example the CFLs should print a blank PARFQ and have the member complete it. CFL's should enter the PARFQ for those individuals who fill out a manual PARFQ. It is very important that the CFL enter the manual PARFQ information so that the records are on file in the official PRIMS data base.

CFLs need to remember that a PARFQ is not required to conduct an official BCA when the end of the cycle is within 10 days. When a CFL gets close to the end of a cycle, timing the execution of the PFA as soon as they are cleared may be very important to capture all members. It is preferred to have members participate in both the BCA and PRT after medical clearance is completed but in this example of the end of the cycle, the BCA can be conducted without medical clearance. There should be no reason not to capture the members BCA when there is 10 days left.

### **PRIMS Database Issues:**

It has become evident that CFLs and ACFLs are using the PRIMS database to find the magic number needed for a member to pass an official BCA. PRIMS is an official database and must be safeguarded to protect the integrity of the data as it impacts Sailors' careers, advancement opportunities, and re-enlistment eligibility. The PRIMS staff is now auditing records and any indications of "fishing" will result in the original score entered in PRIMS and or punitive action. Every member is responsible for the data within their own PRIMS records and each Sailor will be held accountable for their own data entries.

The following notice is now posted on the PRIMS Database located on the BOL website.

### **WARNING!**

*Any attempt at "fishing" (adjusting BCA or PRT results to pass a member) is a violation punishable under the UCMJ. Ensuring accurate data is entered into PRIMS is essential to maintaining the integrity of the PRIMS database.*

### **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/PHYSICAL/Pages/Newsletter.aspx>

### **Best Practice**

Train your body to eat breakfast. Start within 60 minutes of waking.  
Going to PT? Try something liquid or start small like a half of banana or yogurt.

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

Read food ingredient lists. The fronts of packages are mostly marketing.  
Eat until you are 80% full and eat on a smaller plate.