

Physical Readiness Program E-GRAM

**UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS
5720 Integrity Drive, Millington TN 38055 - OPNAV N170B – March 2015**

Are CFL's/ACFL's allowed to use Vapor or Electronic cigarettes?

CFLs and ACFLs are NOT authorized to use any of these types of products. CFL's are the examples of health and fitness and must maintain that image. Electronic cigarettes (e-cigarettes) are battery operated products designed to turn nicotine and other chemicals into a vapor which is inhaled. These products are often made to look like Cigarettes, Cigars, Pipes and Pens. E-Cigarettes may contain ingredients that are known to be toxic to humans. Because clinical studies about the safety of e-cigarettes have not been submitted to the U.S. Food and Drug Administration (FDA), you have no way of knowing if they are safe, which chemicals they contain and how much nicotine you are inhaling. Nicotine is a highly addictive substance, including conventional cigarettes which are known to cause disease and lead to premature death. With e-cigarettes there are many unknowns, including the unknown health effects of long-term use. Currently, there are no e-cigarettes approved by FDA.

When editing the command information page with the CO/CMC/CFL the information will not save?

CFLs are responsible for updating the command page whenever the CO/CMC/CFL changes. This can be accomplished by updating the CO/CMC/CFL information located under the "Member" tab in PRIMIS. Click on the pencil icon to the left of the member name that references "edit member record". At this point you can edit the individual member's information with an up-to-date e-mail address and work phone number. Once this information is verified as accurate, you must click on the save button! This will allow the CFL to update and save the command information for the CO/CMC/CFL on the command information page. The PRIMIS user guide for CFLs is located on the physical readiness website as a desktop reference and under the "Help" link in PRIMIS.

Reminder

"Check-in" or "Courtesy" BCA's are proactive measures to assist members in consistently meeting BCA standards. Courtesy BCA results are not official BCAs and are not entered into PRIMIS at any time, except if a member checks onboard without a PFA for the current PFA cycle, the BCA is not a "courtesy" BCA and will be recorded as an official BCA.

Tip of the Month!

Settling for the minimum means you will never achieve your best!