

Physical Readiness Program E-GRAM

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

What must the CFL do to ensure Periodic Health Assessments (PHA) are completed on newly accessioned members who have not completed their initial skills training?

Individuals who are newly accessioned are not required to complete a PHA per SECNAVINST 6120.3. Nevertheless, all new accessions will need to complete a paper PARFQ and be seen by an AMDR even if they marked "NO" to all questions. AMDRs will review the PARFQ 6110/3 and complete the bottom of the PARFQ screening form. Instead of documenting the last PHA date on the PARFQ, they will transcribe the date of the accession physical to the PARFQ form. Once completed, the paper PARFQ will need to be turned into the Command Fitness Leader (CFL).

CFLs *will not* input the new accession PARFQ in PRIMS. CFLs will maintain copies of all new accession PARFQs for a period of no less than 5 years per personal identifiable information policy.

When a Readiness Waiver is approved by the TYCOM (Echelon III or higher), what needs to happen next?

Once a Readiness Waiver is approved, the TYCOM must send the approved waiver back to the originating command. The CFL will input the Readiness Waiver into PRIMS and maintain the original waiver in the command files for a period of no less than 5 years per personal identifiable information policy.

PRIMS Database Issues:

1. The FEP BCA and the Practice PFA Results calculator will not accept a decimal for any of the measurements.
2. FEP PRT will not allow editing.
3. ACFL1 and ACFL2 access was affected in the upgrade where it caused a loss of departmental and divisional access for some ACFLs. CFLs need to delete the ACFL access currently assigned and then re-instate the ACFL access as necessary.

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

Although education on proper nutrition is important, increasing the availability of healthful foods and decreasing the availability of unhealthy foods is more effective in promoting a ready force.

Tip of the Month!

Your physical and emotional/mental health are closely connected. Taking care of your body helps keep your mind healthy, and vice versa.