

Physical Readiness Program E-GRAM

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055 - OPNAV 135F - September 2012

Does a Flight Physical or any other specialty physical exam take the place of a PHA?

The SECNAVINST 6120.3 dated 14 Sep 2007, Enclosure (1), towards the bottom of paragraph 1, labeled Procedures states: "When feasible, the PHA will be accomplished in a single visit (one-stop shopping). The coordination of all health/medical components [such as dental examination, occupational health screening, vision readiness examination, specialty physical examination(s), and recommended clinical preventative services, (e.g., pap smear, mammography, etc.)] into one visit ensures a comprehensive medical assessment, while minimizing time away from duty for the service member."

Specialty physical examinations refer to flight physicals, submarine physicals, and other physicals as a part of the total process to ensure a comprehensive medical assessment.

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 (N135F) to designate "excused" non-participation in PRIMS.

Is it okay for potential CFLs and ACFLs to utilize PRIMS as a training tool?

No. Never allow untrained CFLs and ACFLs to use the live PRIMS database to train. PRIMS is an official database. You must be able to justify each and every action in PRIMS. PRIMS has the ability to capture who made an entry and the time and date the entry was made. Avoid the hassle of correcting errors due to training. Train new CFLs/ACFLs in PRIMS by demonstrating the proper use of the database and then allowing the new CFLs/ACFLs to make entries into PRIMS under the guidance of the Command Fitness Leader.

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.

Best Practice

When a member fails the 2nd PFA in a 4 year period, send them to TAP! Let them get a taste for what life on the outside might be like.

Tip of the Month!

A well balanced diet and a consistent exercise program are key ingredients for strong mental health!