

Physical Readiness Program E-GRAM

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

Can a member be ADSEP'd if they are currently waiting for Med Board action?

Per policy, the command must initiate the ADSEP process for any member who has 3 PFA failures in the most recent 4-year period. MILPERSMAN 1910-216 is the policy for medical board processing. If a member is currently awaiting Physical Evaluation Board (PEB) results and fails a 3rd PFA in the most recent 4-years, the command must still initiate the ADSEP. If the ADSEP process is complete and ready to separate the member, the command must first wait for the PEB results. A member cannot be separated with an outstanding PEB. If the PEB finds the member is medically cleared and fit for duty, the ADSEP process shall then be completed by separating the member. If a member is found unfit for full duty and is medically separated as per the PEB, the pending ADSEP for PFA reasons is cancelled.

How do I close out the command PFA cycle?

The CFL shall ensure that every member of the command has a complete PFA for the current cycle. Any member who did not complete a PFA and does not have a valid non-participation status shall be briefed to the CO and shall be marked as "UA." The CFL shall also ensure that all members have reviewed their PRIMIS data for accuracy. CFLs have 30 days from the end of the Navy cycle to make necessary corrections. The CFL shall maintain all official documentation for a period of no less than 5 years.

How do I stress the importance of the maintaining standards at my command?

Communication is key! A command with an active and involved command triad has very few issues. The chain of command sets the tone and should communicate and demonstrate the importance of making healthy choices for both nutrition and fitness. A negative tone displayed by command can be detrimental to the success of their Sailors. The PFA is not a test to prepare for at the last minute. The PFA provides an assessment of the overall health/fitness of the command. Commands should incorporate a year-round program where the PFA is just one piece of the overall program.

Tip of the Month!

Is it hard to get moving? Does working out seem boring or like a chore?

Here are some ways to keep physical activity interesting.

- **Switch it up.** Try a new activity each day like dancing or planting a garden to find out what you enjoy most.
- **Make it social.** Involve your family and friends in physical activity to have fun, spend quality time together, and stay on track.
- **Meet a friend** for workouts or to train together for a charity event. Join a class or sports league where people count on you to show up.
- **Use videos.** Work out to fitness videos or DVDs. Check out a different DVD from the library each week for variety.
- **Enlist support.** Who will remind you to get off the couch and help you reach your goals?
- **No matter** what age your kids are, find an activity you can do together. Dance to music, take a walk, run around the park, or play basketball or soccer.