



Guide 8

Managing Physical Fitness Assessment Records for Pregnant Sailors (Including Postpartum Management)

APPROVED
THOMAS P. YAVORSKI
N171 BRANCH HEAD

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1. Pregnancy Status Defined. The Navy defines pregnancy status from the time pregnancy is confirmed by a military Health Care Provider (HCP) or civilian HCP, in cases of inaccessibility to a Military Treatment Facility (MTF), until the end of the 12 months following a qualifying birth event (QBE). For the purposes of this guide, a QBE is defined as a live birth. See paragraph 4 of this guide for information on the Physical Readiness Program considerations for other non-QBE situations.

2. Pregnancy Status Policy. Navy Guidelines Concerning Pregnancy and Parenthood (OPNAVINST 6000.1 series) and Guidance on Pregnant Sailors in the Navy Reserve (COMNAVRESFOR 6000.1 series) state “Pregnancy and parenthood status must be made known to designated command officials while ensuring the Sailor’s privacy.” Sailors should follow the standardized notification timeline set forth in ALNAV 017/23, which extends the time Sailors have to fulfill their obligation to notify commanders of a pregnancy to no later than 20 weeks, unless special circumstances dictate otherwise.

a. A Sailor intending to carry the pregnancy to term is encouraged to inform their commander upon confirmation of pregnancy, validated through either a military health system (MHS) or civilian HCP, where the Sailor is receiving care. This notification should include the MHS HCP’s assessment of the Sailor’s duties and the potential impact to their pregnancy. To comply with Health Insurance Portability and Accountability Act of 1996 (HIPAA), the command fitness leader (CFL) is prohibited from keeping a copy. When a Sailor chooses to delay notification, the MHS HCP will follow current Navy policy to care for the Sailor. Choosing to delay notification may delay access to resources or assessments that may benefit the Sailor when command leadership is unaware of the pregnancy status.

b. Physical Readiness Information Management System TWO (PRIMS-2) Documentation. A pregnancy is not considered a medical waiver. At no time will a pregnancy status be considered terms for a medical evaluation board (MEB) when counting medical waivers. Sailors already in a “pregnancy” status in PRIMS-2 are not required to complete the PARFQ.

(1) The CFL must choose the “Pregnant” status when entering the Sailor’s PFA data in PRIMS-2 for each cycle during the pregnancy and postpartum stages for both the BCA and PRT.

(2) If the Sailor was unaware of pregnancy, participated in the BCA and/or PRT, and was later confirmed pregnant, a Letter of Correction (LOC) may be signed by the Commanding Officer/Officer in Charge (CO/OIC). The LOC must include supporting documentation from the Sailor’s HCP (e.g., NAVMED Form 6000/10) requesting the Sailor’s PFA results be changed to “Pregnant” and must be sent to the PRP Office (PRIMS@navy.mil). CFLs do not have the capability to make this change.

c. The Sailor will remain in the “Pregnant” status in PRIMS-2 during each PFA cycle until the end of the 12-month postpartum period following a QBE. If an Authorized

Medical Department Representative (AMDR) or HCP grants the Sailor additional time past the 12-month postpartum period, a medical waiver is required.

d. The overriding concern for COs, supervisory personnel, and HCPs who are responsible for pregnant Sailors is to provide for the health and safety of the Sailor and their unborn child while maintaining optimum job and career performance. Pregnant Sailors will not be mandated to participate in command/unit PT or FEP. If a Sailor chooses to delay pregnancy notification, the Sailor can participate in command/unit PT at their own risk, or the Sailor can obtain a light duty chit from their HCP to exclude them from command/unit PT or FEP. It is the HCP's responsibility, not the CFL, to provide exercise guidance. CFLs should ensure pregnant/postpartum Sailors are aware of the official Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook to enable a discussion with their HCP. This resource includes information on pregnancy/postpartum nutrition and a safe physical training program complete with recommended and contraindicated exercises during pregnancy/postpartum period. Additional information for pregnant/postpartum Sailors can be located at: <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Womens-Health/>

e. Pregnant Sailors are encouraged to maintain a regular fitness routine during their pregnancy and are required to gradually resume an exercise program under the guidance of their HCP and the Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook during the postpartum period.

3. Postpartum PFA Schedule. Postpartum Sailors are exempt from participating in an official PFA for 12-months following a birth event. At the conclusion of their 12-month postpartum period, Sailors are required to participate in the NEXT official PFA cycle. If the postpartum period expires during the official PFA cycle, the postpartum Sailor is not required to participate in the PFA until the next official PFA cycle. However, if a Sailor's postpartum period expires during the PFA cycle and they would like to participate in the official PFA, they are authorized to do so if medically cleared by their HCP.

a. **Example-1**: A Sailor has a QBE in January of 2023. The Calendar Year 2024 Navy PFA cycle is February 1 to November 30. This Sailor must participate in the Calendar Year 2024 PFA cycle.

b. **Example-2**: A Sailor has a QBE in April of 2023. The Calendar Year 2024 Navy PFA cycle is February 1 to November 30. This Sailor is not required to participate in the PFA until the next Navy PFA cycle following the Calendar Year 2024 cycle.

NOTE: The Postpartum Wellness PFA required by OPNAVINST 6110.1K has been cancelled per NAVADMIN 258/23.

4. Pregnancy-related, non-QBE Considerations

a. Stillborn Birth. Sailors who give birth to a stillborn child (or children) are to follow procedures consistent with QBE and as such are exempt from participating in the PFA for 12 months following the QBE.

b. Pregnancy loss or termination. Sailors who experience a pregnancy loss or termination must seek evaluation by their Obstetric provider to determine the appropriate convalescent leave period. These Sailors' "Pregnant" status, to include the length of the postpartum period, will be based on the recommendation from their Obstetric provider. The overriding concern for COs, supervisory personnel, and HCPs who are responsible for pregnant Sailors, to include those who have experienced a loss, is to provide for the health and safety of the Sailor as they recover while maintaining optimum job and career performance. Below are BUMED PFA recommendations for Sailors experiencing perinatal loss based on gestational age at the time of pregnancy loss:

Gestation (Weeks + Days)	PFA Recommendations
First Trimester: ≤ 12+0	60 days no PFA
Second Trimester: 12+1 – 19+6	180 days no PFA
Second Trimester: 20+0 – 27+6	365 days no PFA
Third Trimester: 28+0 – term	365 days no PFA

c. Assisted Reproductive Technology (ART). During ART [e.g., In-Vitro Fertilization (IVF)] cycles, CO/OICs are authorized to approve a medical waiver via NAVMED 6110/4 to exempt Sailors from participating in the PFA to better ensure ART success and reduce risk to the Sailor. If the ART treatment results in a successful pregnancy, the provisions of the pregnancy policy will pertain. If the ART treatment is unsuccessful, the Sailor must participate in the current PFA cycle if medically cleared by their HCP (see Guide 6 for more information).