

# Medical Screening and Waivers for the Physical Readiness Program



# Objectives

- Define and discuss the medical screening process
- Identify requirements for PFA waivers
- Discuss pregnancy requirements regarding PFA

# PFA Medical Screening Components

- Periodic Health Assessment (PHA)
- Physical Activity Risk Factor Questionnaire (PARFQ)
- Pre-physical Activity Questions

# CFL Responsibility

- Ensure no member takes the PRT without current medical screening
- Use PRIMS to track compliance
  - PHA report
  - PARFQ report
- Report non-compliance up the chain of command as needed

# Periodic Health Assessment (PHA)

- Each member is responsible to have one annual PHA (during their birth month)
- Medical Readiness Reporting System (MRRS) feeds into PRIMS to assist commands with tracking
- Members, who do not have a current PHA, shall not participate in the PRT or physical conditioning



# Physical Activity Risk Factor Questionnaire (PARFQ)

- All members must complete PARFQ (NAVPERS 6110/3) in PRIMIS upon announcement of the PFA and before participating in the PRT
- If indicated by the PARFQ, member must be seen by AMDR and cleared on a NAVMED 6110/4 form before participating in the PRT

# Member's Responsibility

- Complete PARFQ in PRIMIS or on paper
- If indicated, take completed PARFQ to medical for clearance
- Turn in completed PARFQ to CFL with any needed medical clearance or waiver (NAVMED 6110/4)
- CFL keeps signed copy of PARFQ for five years

# Screening Requirements

- PHA is good for 12 months
- PARFQ is good for one PFA cycle only
- Ask Pre-physical Activity Questions before every PRT, command/unit PT, FEP





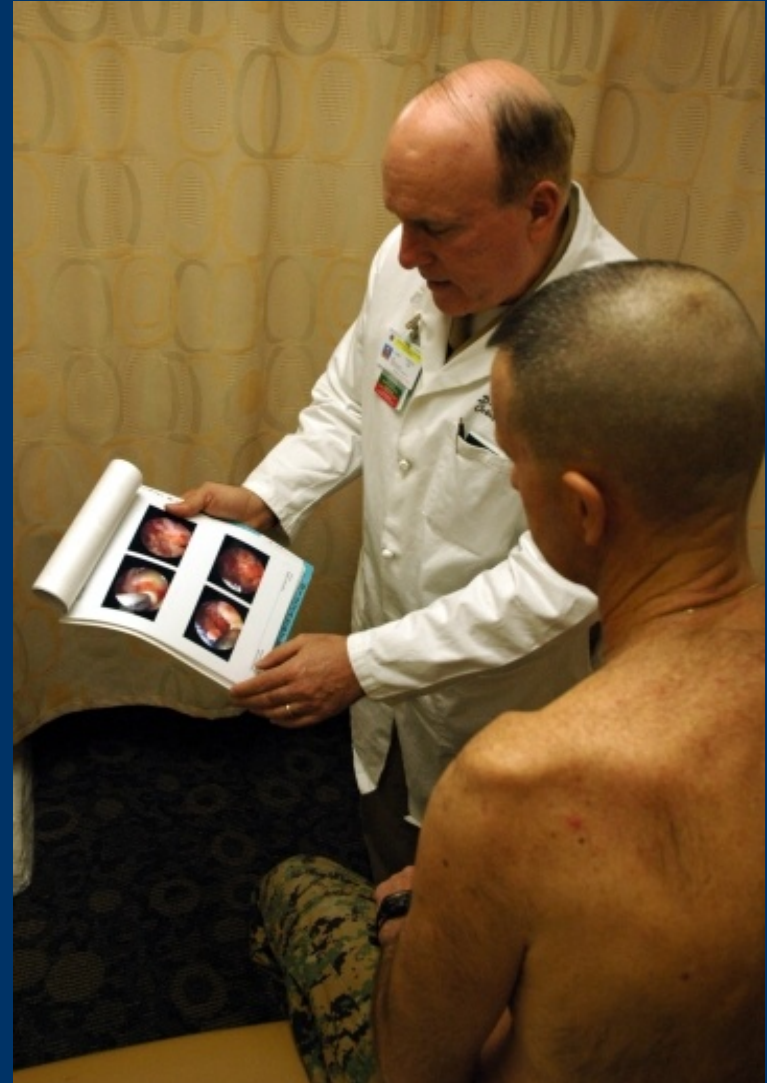


# Refer to Medical

- Current PHA has expired
- If indicated on PARFQ and not previously cleared or status changed
- Answers “Yes” to any of the Pre-physical Activity Questions
- Fails BCA
- 50+ and not completed a PFA in last 12 months
- Anytime in best interest of member

# Medical Waivers

A process to ensure members receive appropriate screening/clearance prior to participating in the PFA





# Medical Waiver Requirements

- Only AMDR is authorized to make PFA medical recommendations to the CO
  - Designated in writing by MTF CO or OIC
    - Medical Doctor (MD or DO)
    - Adult Nurse Practitioner (ANP)
    - Physician Assistant (PA)
    - Independent Duty Corpsman (IDC)
- All waivers are subject to CO's final approval and shall be closely monitored

# Medical Waivers Documentation

- Annotate on NAVMED 6110/4 form
- Clearly define what portions of the PFA are waived
- Annotate any restriction for PT and FEP
- Include recommended physical activities to maintain fitness
- Waiver is for one PFA cycle only

# NAVMED 6110/4

PHYSICAL FITNESS ASSESSMENT MEDICAL CLEARANCE/WAIVER				
<b>SECTION 1</b> Completed by member				
A. Command	B. UIC/RUIC	C. CFL/POC	D. CFL Telephone No.	
E. Reason for Referral				
Positive PARFQ Screening <input type="checkbox"/> Yes <input type="checkbox"/> No	Expired PHA <input type="checkbox"/> Yes <input type="checkbox"/> No	Age >= 50 years <input type="checkbox"/> Yes <input type="checkbox"/> No	No PRT in last year <input type="checkbox"/> Yes <input type="checkbox"/> No	Injury/Illness <input type="checkbox"/> Yes <input type="checkbox"/> No
<b>SECTION 2</b> Completed by AMDR/Treating Provider				
A. PRT Waiver				
Curl-Ups <input type="checkbox"/> Yes <input type="checkbox"/> No	Push-Ups <input type="checkbox"/> Yes <input type="checkbox"/> No	Cardio Event <input type="checkbox"/> Yes <input type="checkbox"/> No	Waiver Expiration Date	
B. PRT Modifications				
CLEARED TO PARTICIPATE <input type="checkbox"/> Yes <input type="checkbox"/> No	PRT ACTIVITY	COMMENTS		
	Treadmill			
	Elliptical Trainer			
	Stationary Bike			
	Swim			
CLEARED TO PARTICIPATE <input type="checkbox"/> Yes <input type="checkbox"/> No	PHYSICAL TRAINING	COMMENTS		
	Command Physical Training/Fitness Enhancement Program			
	Individual Physical Training			
C. AMDR/Treating Provider Name		D. AMDR/Treating Provider Signature		E. Date
<b>SECTION 3</b> Completed by Treating Physician and AMDR/AMDR Supervisor				
A. BCA Waiver (Requires two signatures if granted)				
Waiver <input type="checkbox"/> Yes <input type="checkbox"/> No	AMDR/Treating Physician Signature		AMDR/AMDR Supervisor Signature	
B. Reason IAW OPNAVINST 6110.1 (series) <input type="checkbox"/> Inability to obtain BCA measurement <input type="checkbox"/> Medical Treatment/Therapy			C. BCA Waiver Expiration Date	
<b>SECTION 4</b> Completed by AMDR				
A. Member Cleared <input type="checkbox"/> Yes <input type="checkbox"/> No	B. PRT Waiver Recommended <input type="checkbox"/> Yes <input type="checkbox"/> No	C. BCA Waiver Recommended <input type="checkbox"/> Yes <input type="checkbox"/> No	D. Is member in LIMDU <input type="checkbox"/> Yes <input type="checkbox"/> No	E. LIMDU Expiration Date
F. AMDR Name		G. AMDR Signature		H. Date
<b>SECTION 5</b> CO Endorsement Required Prior to Input into PRIMs				
A. Waiver Status				
Number Waivers in last 4 years	Meets MEB Requirements <input type="checkbox"/> Yes <input type="checkbox"/> No	CFL Signature		Date
B. PRT Waiver Approved <input type="checkbox"/> Yes <input type="checkbox"/> No	C. BCA Waiver Approved <input type="checkbox"/> Yes <input type="checkbox"/> No	D. Member CO/OIC Signature		E. Date

**PATIENT'S IDENTIFICATION**  
(Use this space for mechanical imprint)

PATIENT'S NAME (Last, First, Middle Initial)		SEX
SSN / IDENTIFICATION NO.	STATUS	RANK/GRADE
RECORDS MAINTAINED AT		DATE OF BIRTH



# BCA Medical Waiver Requirements

- Member must:
  - be in limited duty status (ACC 105) or for the medical condition prompting the BCA waiver
  - receive the waiver prior to the official BCA
- BCA Waivers may be granted if:
  - it is not possible to get an accurate weight (e.g. leg cast) or measurement (e.g. recent surgery in the area to be measured)
  - member has fallen out of BCA standards in the preceding 6 months due to a medical condition or therapy that is known to result in weight gain



# BCA Medical Waiver

- After-the-fact BCA waivers are not authorized (exception – pregnancy)
- BCA waivers must have 2 signatures:
  - Specialist and AMDR physician, or
  - Recommending AMDR (specialist) and Department Head, OIC, or Supervisor
- Sailors receiving a BCA waiver are **NOT** eligible to use an alternate cardio device for the PRT due to not having an official recorded weight

# BCA Waiver

Not to exceed 6 months, or only one PFA Cycle

Medical Specialist and DH, OIC or Supervisor

PHYSICAL FITNESS ASSESSMENT MEDICAL CLEARANCE/WAIVER				
<b>SECTION 1</b> Completed by member				
A. Command	B. UIC/RUIC	C. CFL/POC	D. CFL Telephone No.	
E. Reason for Referral				
Positive PARFQ Screening <input type="checkbox"/> Yes <input type="checkbox"/> No	Expired PHA <input type="checkbox"/> Yes <input type="checkbox"/> No	Age >= 50 years <input type="checkbox"/> Yes <input type="checkbox"/> No	No PRT in last year <input type="checkbox"/> Yes <input type="checkbox"/> No	Injury/Illness <input type="checkbox"/> Yes <input type="checkbox"/> No
<b>SECTION 2</b> Completed by AMDR/Treating Provider				
A. PRT Waiver				
Curl-Ups <input type="checkbox"/> Yes <input type="checkbox"/> No	Push-Ups <input type="checkbox"/> Yes <input type="checkbox"/> No	Cardio Event <input type="checkbox"/> Yes <input type="checkbox"/> No	Waiver Expiration Date	
B. PRT Modifications				
CLEARED TO PARTICIPATE <input type="checkbox"/> Yes <input type="checkbox"/> No	PRT ACTIVITY	COMMENTS		
<input type="checkbox"/> Yes <input type="checkbox"/> No	Treadmill			
<input type="checkbox"/> Yes <input type="checkbox"/> No	Elliptical trainer			
<input type="checkbox"/> Yes <input type="checkbox"/> No	Stationary Bike			
<input type="checkbox"/> Yes <input type="checkbox"/> No	Swim			
CLEARED TO PARTICIPATE <input type="checkbox"/> Yes <input type="checkbox"/> No	PHYSICAL TRAINING	COMMENTS		
<input type="checkbox"/> Yes <input type="checkbox"/> No	Command Physical Training/Fitness Enhancement Program			
<input type="checkbox"/> Yes <input type="checkbox"/> No	Individual Physical Training			
C. AMDR/Treating Provider Name		D. AMDR/Treating Provider Signature		E. Date
<b>SECTION 3</b> Completed by Treating Physician and AMDR/AMDR Supervisor				
A. BCA Waiver (Requires two signatures if granted)				
Waiver <input type="checkbox"/> Yes <input type="checkbox"/> No	AMDR/Treating Physician Signature		AMDR/AMDR Supervisor Signature	
B. Reason (NAV 6110/4 (series)) <input type="checkbox"/> Inability to obtain BCA measurement			<input type="checkbox"/> Medical Treatment/Therapy	
			C. BCA Waiver Expiration Date	
<b>SECTION 4</b> Completed by AMDR				
A. Member Cleared <input type="checkbox"/> Yes <input type="checkbox"/> No	B. PRT Waiver Recommended <input type="checkbox"/> Yes <input type="checkbox"/> No	C. BCA Waiver Recommended <input type="checkbox"/> Yes <input type="checkbox"/> No	D. Is member in LIMDU <input type="checkbox"/> Yes <input type="checkbox"/> No	E. LIMDU Expiration Date
F. AMDR Name		G. AMDR Signature		H. Date
<b>SECTION 5</b> CO Endorsement Required Prior to Input into PRIMs				
A. Waiver Status				
Number Waivers in last 4 years	Meets MEB Requirements <input type="checkbox"/> Yes <input type="checkbox"/> No	CFL Signature		Date
B. PRT Waiver Approved <input type="checkbox"/> Yes <input type="checkbox"/> No	C. BCA Waiver Approved <input type="checkbox"/> Yes <input type="checkbox"/> No	D. Member CO/OIC Signature		E. Date
<b>PATIENT'S IDENTIFICATION</b> (Use this space for mechanical imprint)				
PATIENT'S NAME (Last, First, Middle Initial)			SEX	
SSN / IDENTIFICATION NO.		STATUS	RANK/GRADE	
RECORDS MAINTAINED AT			DATE OF BIRTH	





# PRT Medical Waiver

- Completed by AMDR on NAVMED 6110/4
- AMDR may make a recommendation to the CO to medically waive all or a portion of the PRT for an individual
- Only good for 1 PFA cycle



# Medical Evaluation Board (MEDBOARD) Eligibility

- Member with two consecutive medical waivers for the same condition
- Member with three medical waivers (for any reason) in the most recent four-years period
- Where waiver includes: BCA or PRT cardio and push-ups or curl-ups
- At request of CO

# MEDBOARD Review

- Eligible members will have their medical record reviewed by a MEDBOARD
- MEDBOARD findings shall be forwarded to Navy Personnel Command (NAVPERSCOM), Career Progression Department (PERS-8) for disposition

# Initiating A MEDBOARD

- At the completion of the PFA cycle, the CFL must inform the chain of command of all members meeting PFA MEDBOARD requirements
- Once notified the chain of command must direct a medical record review at the local MTF



# MEDBOARD Convening

- At the MTF IAW NAVMED P117
- After a member's medical record has been reviewed, the MEDBOARD will determine whether to:
  - Refer the member to a PEB
  - Place member in LIMDU
  - Return member to medically unrestricted duty

# MEDBOARD Findings

- All findings must be forwarded to NAVPERSCOM (PERS-8) for disposition
- PERS-8 will make one of the following determinations:
  - Approve LIMDU
  - Direct member to PEB
  - Disapprove LIMDU and direct member to take PFA



# Physical Examination Board (PEB)

- Medical specialists in particular field determine if 6 additional months is needed or if member should be medically retired
- Determination of “Unfit for Duty” is made by the PEB
- “Fit for Duty” is ability to perform Navy job, not physical fitness

# Light Duty and Limited Duty

- Members are waived from the PRT, not necessarily BCA, unless specifically annotated
- Inability to exercise is not a reason for a BCA waiver







# Light Duty (LD)

- LD chits may be issued by a medical provider when, due to injury or illness, a member will not be able to participate in PT for a specific amount of time
- NAVMED P 117 Ch 18 provides guidance for all aspects of medical restrictions
- LD may only be granted for a maximum of 30 days
- Medical may grant another LD to max of 90 days
- Anything above 90 days is Limited Duty (LIMDU)

# Limited Duty (LIMDU)

- After 3 consecutive LDs (90 days total), medical must place the member into LIMDU Status (105 code) or conduct a MEDBOARD/PEB
- CO can refer member back to medical for consideration of MEDBOARD at any time or direct proceedings for a 105 code



# Examples

- LD Chit (no running for 6 months), is this valid?
- 3rd LD Chit (total of 90 days), what's next?

# Medical Waiver

- Use the remarks line in PRIMS to help monitor status
  - Be mindful of patient privacy
- There are no “Permanent Waivers” for the PFA in the Navy
  - Forward these documents to OPNAV for review

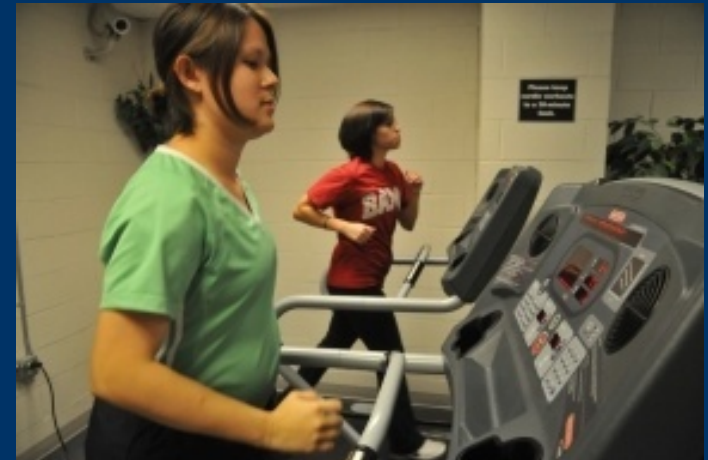
# Pregnancy and IVF

- No Command PT or PFA (BCA, PRT)
- Pregnancy is noted as pregnancy in PRIMIS, not a medical waiver
- Female exempt from PFA standards for 6 months following convalescent leave
- See OPNAVINST 6000.1 (Series) for details



# Pregnancy and PT

- Obstetric HCP will provide PT recommendation
- Not mandated to participate in command PT
- Verify PHA and PARFQs are current before any participation following pregnancy



# Maternity and Convalescent Leave Policy

## Operating Guide 8 (OCT 2018)

- Effective immediately, Sailors are now exempt from participating in the physical fitness assessment (PFA) for 9 months following a Qualifying Birth Event. After completion of the 9 month period, the Sailor will then be required to participate in the following PFA cycle.

# What are the PFA medical screening components?



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- Periodic Health Assessment (PHA)
- Physical Activity Risk Factor Questionnaire (PARFQ)
- Pre-physical Activity Questions

**How many PHAs per year?**

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- 1 annual PHA, normally administered during the member's birth month

**How many PARFQs per year?**

# How many PARFQs per year?

- 2. Members are to complete 1 PARFQ each cycle regardless of PRT status

**How many signatures are required for a BCA waiver?**

# How many signatures are required for a BCA waiver?

- 2:
  - Specialist and AMDR physician, or
  - Recommending AMDR (specialist) and Department Head, OIC, or Supervisor

# Summary

- Keep track of medical waivers
- If ever in doubt, refer to medical for clarification
- Pregnant females PT on their own per providers' recommendations





# References

- MILPERSMAN, Article 1830-120, Limited Duty Designators
- MILPERSMAN, Article 1301, Officer Assignment and Distribution
- MILPERSMAN, Article 1306, Enlisted Assignment and Distribution
- NAVMED P 117, Manual of the Medical Department (MANMED) Chapter 18



# References

- NAVMED P-5010, Manual of Preventive Medicine
- Physical Readiness Program Guides 6: Physical Fitness Assessment (PFA) Medical Clearance/Waiver
- Physical Readiness Program Guides 8: Managing Physical Fitness Assessment (PFA) Records for Pregnant Servicewomen

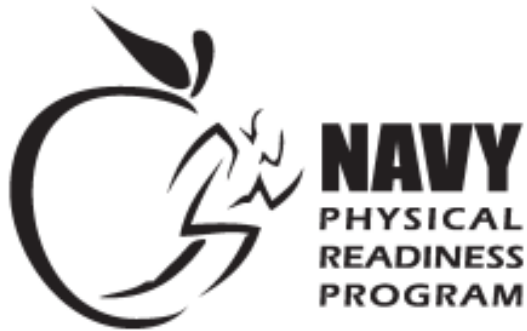


# References

- Physical Readiness Program Guides 11: Member's Responsibilities
- OPNAVINST 6000.1 (Series), Navy Guidelines Concerning Pregnancy and Parenthood
- OPNAVINST 6110.1 (Series), Physical Readiness Program

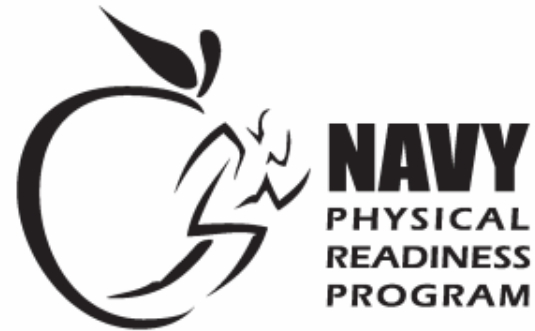
# PFA Decision Making

**Command Fitness  
Leader**



**PFA Decision Making Activity  
(PARFQ)**

**Command Fitness  
Leader**



**PFA Decision Making Activity  
(Medical Waivers)**

# Questions?

