

PHYSICAL READINESS PROGRAM

Authorized Medical Department Representative Training

Introduction

- The Navy Physical Readiness Program (PRP) policy is published in OPNAVINST 6110.1 Series.
- Policy requires all Navy military personnel be properly screened prior to participation in the Navy's PFA (Physical Fitness Assessment).
- Only Authorized Medical Department Representatives (AMDRs) may recommend a medical waiver.
- AMDRs are required to complete training on proper procedures for PFA medical screening and waivers.
- This presentation serves as the required AMDR training.



Physical Readiness Program (PRP) Guides

- The PRP Guides provide official supplemental policy information to OPNAVINST 6110.1 Series.
- PRP Guide 6 (PFA Medical Readiness) provides CFLs and AMDRs additional guidance on medical clearance/waiver procedures and management
- PRP guides are available for download on the MyNavy HR Physical Readiness Program website and the Official Navy PFA app within your smartphone app store:

<https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Physical-Readiness/>



Topics

1. Physical Fitness Assessment (PFA) Medical Clearance/Waivers Policy
2. Completing the PFA Medical Clearance/Waiver form (NAVMED 6110/4)
3. Medical Waiver Management and Medical Evaluation Boards (MEBs)
4. PFA policy for Pregnancy, In Vitro Fertilization (IVF) and Postpartum Servicewomen



PFA Medical Clearance

PFA medical clearance includes 3 components:

1. Up to date annual Periodic Health Assessment (PHA) and no overdue Post-Deployment Health Re-Assessment (PDHRA)
2. Physical Assessment Risk Factor Questionnaire (PARFQ) for each PFA cycle
3. Pre-Physical Activity Questions (PPAQ) prior to any command/unit PT to include, Fitness Enhancement Program (FEP) session and/or the Physical Readiness Test (PRT)

Medical Waivers

1. Only recommended by an AMDR who is appointed in writing.
2. AMDRs may be Physicians, Nurse Practitioners (NPs), Physician Assistants (PAs), or Independent Duty Corpsman (IDCs).
3. Members with any positive PARFQ responses will be referred to an AMDR for Medical Clearance or Waiver.

Medical Waivers (cont.)

4. Authorized for injury, illness, or recovery from a procedure, preventing participation in PFA prior to the end of the cycle.
5. Issued on NAVMED 6110/4 and must include an expiration date not to exceed the last day of the cycle.
6. Valid for one cycle only and are not to exceed the dates established in the official Navy PFA cycles (30 June and 31 December) or dates established via NAVADMIN.
7. A copy of the AMDR-signed NAVMED 6110/4 must be filed as an encounter in the Electronic Health Record (EHR) or hard copy medical record.

Body Composition Assessment (BCA) Medical Waivers

1. Recommended by a physician (board eligible or board certified).
2. Inability to obtain an accurate weight (e.g., leg cast) or measurement (e.g. recent surgery on an area directly involved with the measurement used to calculate BCA).
3. Medical condition or therapy which has been newly diagnosed, worsened in severity, or increased dosage in that 6 month period which is known to result in weight gain.
4. Inability to exercise is **NOT** a valid reason for a BCA waiver.

Body Composition Assessment (BCA) Medical Waivers (cont.)

5. Issued on a NAVMED 6110/4 and requires 2 signatures:
 - a. Physician (military or civilian) recommending the waiver; **and**
 - b. AMDR physician. Military physician must endorse the waiver; **and**
 - c. If AMDR is the recommending physician, then AMDR supervisor's signature is required.
6. Retroactive (after-the-fact) BCA waivers are not authorized.

Completing the Medical Clearance/Waiver Form

Step by Step instructions for completing the PFA Medical Clearance/Waiver Form (NAVMED 6110/4) is located within Guide 6-PFA Medical Readiness, Section 3:

1. Member and CFL information
2. PRT Waiver Information
3. BCA Waiver Information
4. AMDR Endorsement
5. CO Endorsement

Sample NAVMED 6110/4

PHYSICAL FITNESS ASSESSMENT MEDICAL CLEARANCE/WAIVER				
SECTION 1 Completed by member				
A. Command		B. UIC/RUC	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	Two Consecutive PRT Waivers <input type="checkbox"/> Yes <input type="checkbox"/> No	Injury/Illness <input type="checkbox"/> Yes <input type="checkbox"/> No
SECTION 2 Completed by AMDR/Treating Provider				
A. PRT Waiver Recommended				
Push-Ups <input type="checkbox"/> Yes <input type="checkbox"/> No	Forearm Plank <input type="checkbox"/> Yes <input type="checkbox"/> No	Cardio Events <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	Rower			
<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			
C. AMDR/Treating Provider Name		D. AMDR/Treating Provider Signature	E. Date	
SECTION 3 Completed by AMDR/AMOR Supervisor				
A. BCA Waiver (Requires two signatures if granted)				
Waiver <input type="checkbox"/> Yes <input type="checkbox"/> No	AMDR/Treating Physician Signature		AMDR/AMOR Supervisor Signature	
B. Reason (AW OPNAVINST 6110.1 (series)) <input type="checkbox"/> Inability to obtain BCA measurement			C. BCA Waiver Expiration Date	
SECTION 4 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 an approved LIMDU status (ACC 105)? <input type="checkbox"/> Yes <input type="checkbox"/> No	E. LIMDU Expiration Date
F. AMDR Name		G. AMDR Signature	H. Date	
SECTION 5 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 COIC 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	
NAVMED 6110/4 (02/2021)				

Form is located at:

1/12/2022

https://www.med.navy.mil/Portals/62/Documents/BUMED/Directives/NAVMED%20Forms/NAVMED_6110_4_Rev02-21.pdf?ver=5QL00o-fKJow52vDSBIyBw%3d%3d

Question

How are PFA Medical Waivers documented?

- a. SF600
- b. NAVMED 6110/4 - PFA Medical Clearance/Waiver
- c. Physical Assessment Risk Factor Questionnaire (PARFQ) NAVPERS 6110/3
- d. Memorandum to member's Chain of Command (COC)

Question/Answer

How are PFA Medical Waivers documented?

- a. SF600
- b. NAVMED 6110/4 - PFA Medical Clearance/Waiver**
- c. Physical Assessment Risk Factor Questionnaire (PARFQ) NAVPERS 6110/3
- d. Memorandum to member's COC

Answer: b. NAVMED 6110/4 – PFA Medical Clearance/Waiver and must be signed by a designated AMDR.

Question

When recommending BCA waivers, the member must be under the care of a physician?

- a. True
- b. False

Question/Answer

When recommending BCA waivers, the member must be under the care of a physician

- a. True
- b. False

Answer: a. True, members receiving a BCA waiver must be under the care of a physician. Additionally, the NAVMED 6110/4 will require two physician signatures as noted in Guide 6.

Question

AMDRs must be designated in writing and are the only authorized member of the medical staff that may recommend a PFA medical waiver. What Medical Department personnel may be designated an AMDR?

- a. IDCs
- b. Adult Nurse Practitioners
- c. Physician Assistants
- d. Physicians
- e. All of the above

Question/Answer

AMDRs must be designated in writing and are the only authorized member of the medical staff that may recommend a PFA medical waiver. What Medical Department Personnel may be designated an AMDR?

- a. IDCs
- b. Adult Nurse Practitioners
- c. Physician Assistants
- d. Physicians
- e. All of the above**

PRT Injury/Illness

1. If an injury or illness prevents a member from finishing a PRT, the CFL/ACFL must refer the member to medical for an evaluation.
2. If determined that injury/illness was due to the member's failure to actively participate in a physical conditioning program, a medical waiver will not be approved.
3. If the injury/illness is not due to lack of physical conditioning, the member may be authorized a Bad Day PRT retest, or be medically waived from the PRT modality which they did not complete, or be medically waived from the entire PRT.

Light Duty (LD)

1. May be issued by a medical provider when, due to an injury or illness, a member will not be able to participate in individual or command/unit PT for a specific amount of time.
2. Per NAVMED P-117, LD is only to be granted for a maximum of 30 days before follow-up/re-evaluation.
3. If the illness/injury is expected to be resolved prior to the next scheduled PFA, medical may grant additional LDs not to exceed a combined total of 90 days.
4. Anything exceeding 30 days at onset, or following two subsequent periods of reevaluation (90 days total), must follow Limited Duty (LIMDU) procedures.
5. LIMDU documentation must clearly spell out the member's PFA limitations. Unless otherwise stated, the member will be required to participate in BCA.

Required Medical Record Review by MEB if:

Receive a PFA medical waiver for the same medical condition for two consecutive PFA cycles that resulted in the member not participating in the BCA; **OR** a cardio event and at least one muscular endurance event; **OR** two muscular endurance events (i.e., push-ups and forearm plank).

Receive three PFA medical waivers in the most recent four-year period for any medical condition that resulted in the member not participating in the BCA; **OR** a cardio event and at least one muscular endurance event; **OR** two muscular endurance events.

Initiating a MEB

Prior to completion of each PFA cycle, the CFL is required to inform the CO of any member that meets these PFA MEB requirements.

Once notified by the chain of command, the member must report to a MTF, which initiates the MEB. The MEB Report (MEBR) will be provided to the unit CO and should include the following:

- (1) If the member is returned to medically unrestricted duty. Then the member will be required to participate in the next regularly scheduled PFA; **OR**
- (2) If the member requires additional time to recover from the medical condition and will be waived from the PFA for a specific period of time, (e.g., LIMDU); **OR**
- (3) If the member is referred to a Physical Evaluation Board (PEB).

PFA Medical Evaluation Board Report (MEBR)

As per OPNAV 1300.20 and DODI 1332.45, PERS-454 maintains authority to direct dispositions at any time. PERS-454 has access to LIMDU SMART and thus full visibility to MEB findings (to include disability and LIMDU evaluations) and final disposition as documented by local MTF MEB providers in NAVMED 6100/5.

PFA Medical Evaluation Board Report (MEBR) Chart

TABLE 1: PFA MEDICAL WAIVER MANAGEMENT CHART

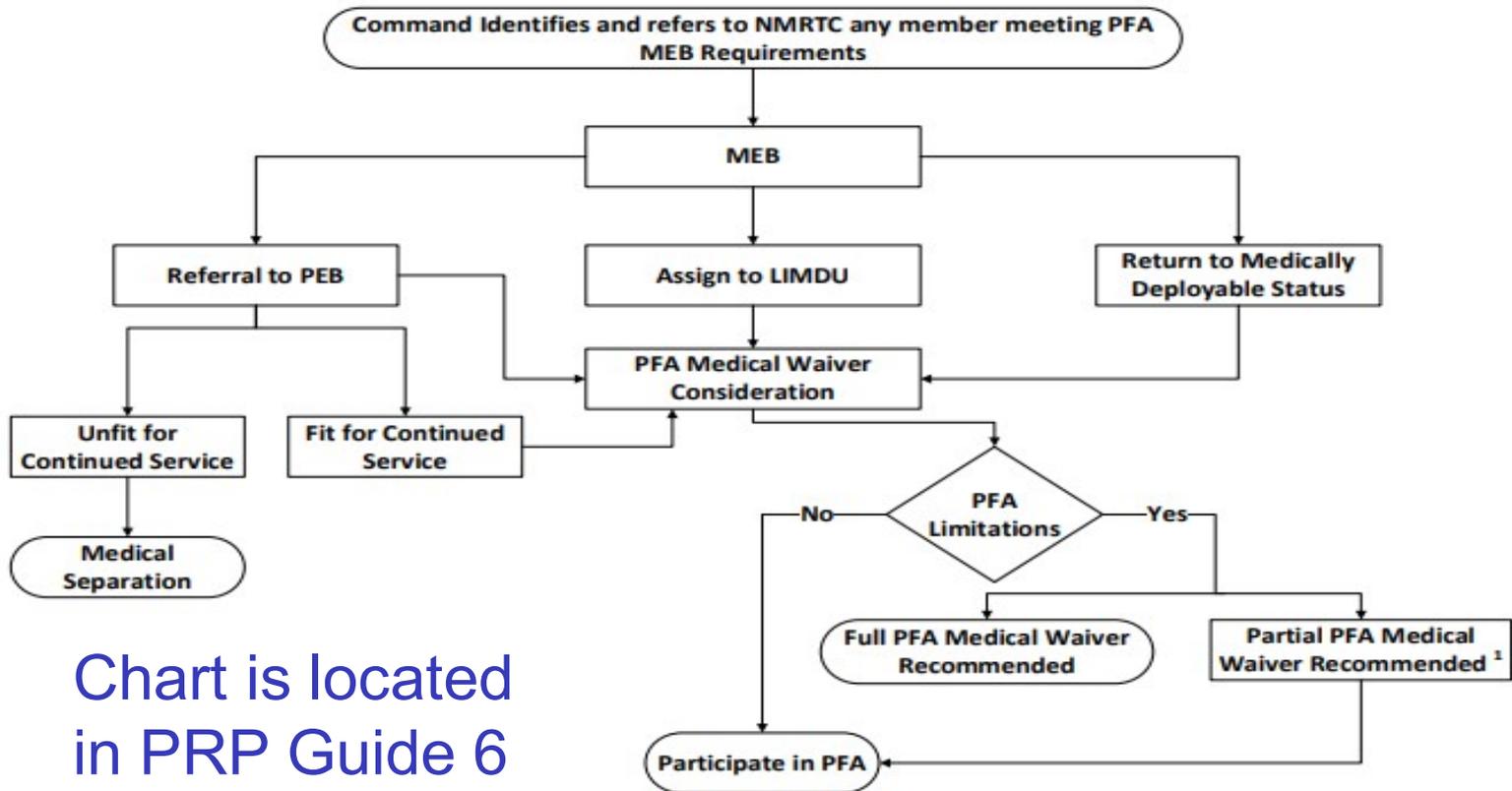


Chart is located in PRP Guide 6

¹ Document PFA components that can be completed in NAVNMED 6100/5 via LIMDU SMART

Note: There are no permanent medical waivers for the PFA. All members require a PFA record or a medical waiver for each cycle regardless of LIMDU status.



Question

Original NAVMED 6110/4 PFA Medical Clearance/Waivers are given to the member after signature by the AMDR.

What other signatures are required on the NAVMED Form 6110/4?

Question/Answer

Original NAVMED 6110/4 PFA Medical Clearance/Waivers are given to the member after signature by the AMDR.

What other signatures are required on the NAVMED Form 6110/4?

Answer: The member's CFL and CO/OIC

Scenario

LCDR S. Brown underwent a cervical fusion in 2018.

Since her recovery, she has participated in the PFA, with the exception of the push-ups.

Does Lcdr S. Brown meet requirements for referral to a MTF for a MEB?

Scenario/Answer

LCDR S. Brown underwent a cervical fusion in 2018.

Since her recovery, she has participated in the PFA, with the exception of the push-ups.

Does Lcdr S. Brown meet requirements for referral to a MTF for a MEB?

Answer: No. If member receives a PFA medical waiver for the same medical condition for two consecutive PFA cycles that resulted in the member not participating in the BCA; or a cardio event and at least one muscular endurance event; or two muscular endurance events, member would be referred for MEB. Since Lcdr S. Brown is able to participate in the BCA, Cardio and one muscular endurance event (i.e. forearm plank), this member will not be referred to the MEB.

Scenario

IT2 Gray has shoulder surgery in February. Following surgery he receives Physical Therapy and is released with home exercises. The Orthopedic Surgeon documents “No PRT this cycle.” His Command PRT is in April. IT2 Gray answers his PARFQ (NAVPERS 6110/3) positively regarding “a bone or joint problem.” What expiration date should be documented in the PFA medical/clearance waiver (NAVMED 6110/4)?

Scenario/Answer

IT2 Gray has shoulder surgery in February. Following surgery he receives Physical Therapy and is released with home exercises. The Orthopedic Surgeon documents “No PRT this cycle.” His Command PRT is in April. IT2 Gray answers his PARFQ (NAVPERS 6110/3) positively regarding “a bone or joint problem.” What expiration date should be documented in the PFA medical/clearance waiver (NAVMED 6110/4)?

Answer: 30 June, Medical Waivers are valid for one PFA cycle only. Medical waivers granted for the entire PFA cycle are not to exceed the official Navy PFA cycles (Cycle 1: 01JAN-30JUN and Cycle 2: 01JUL-31 DEC).

PFA policy for Pregnancy, IVF and Postpartum Servicewomen

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 Quality Birth Event (QBE).

For more information, refer to PRP Guide 8; Managing PFA Records for Pregnant Servicewomen



PFA policy for Pregnancy, IVF and Postpartum Servicewomen

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) states “Pregnancy and parenthood status must be made known to designated command officials while ensuring the service member's privacy.”

Pregnant Servicewomen must provide the CFL with proof of pregnancy (DD 689, Individual Sick Slip). To comply with Health Insurance Portability and Accountability Act of 1996 (HIPAA), the CFL is prohibited from keeping a copy.

The CFL must assign the member a “pregnant” participation status in PRIMIS-2 for both the BCA and PRT. If the member participated in the BCA and was later confirmed pregnant, a Letter of Correction (LOC) signed by the commanding officer (CO) and with supporting documentation (e.g., NAVMED Form 6000/10) from the Servicewoman’s HCP requesting the members BCA results be changed to “pregnant” must be sent to the Physical Readiness Program (PRP) office. CFLs do not have the capability to make this change.

PFA policy for Pregnancy, IVF and Postpartum Servicewomen (cont.)

The member will remain in the “pregnant” status in PRIMS-2 during each PFA cycle until the end of the 12-months postpartum period following a QBE. If an AMDR or HCP grants the member additional time past the 12-months postpartum period, a medical waiver is required.

If a Servicewoman failed her PFA and is able to provide documentation from her HCP that she was pregnant at the time the BCA and/or PRT was conducted, annotating the date of conception, the Servicewoman’s official PFA record will be updated in PRIMS-2 and correctly documented as “Pregnant” once the PRP office receives the LOC.

The overriding concern for COs, supervisory personnel, and HCPs who are responsible for pregnant Servicewomen is to provide for the health and safety of the Servicewoman and her unborn child while maintaining optimum job and career performance. Pregnant Servicewomen will not be mandated to participate in command/unit PT or FEP.

PFA policy for Pregnancy, IVF and Postpartum Servicewomen (cont.)

It is the HCP's responsibility, not the CFL, to provide exercise guidance. CFLs should provide pregnant/postpartum Servicewomen with the official Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook. This resource includes information on pregnancy/postpartum nutrition and a safe physical training program complete with recommended exercises and contraindicated exercises during pregnancy and the postpartum periods.

Servicewomen 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/or the Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook.

PFA policy for Pregnancy, IVF and Postpartum Service women (cont.)

Postpartum PFA Schedule. Postpartum Servicewomen are exempt from participating in an official PFA for 12-months following a QBE. At the conclusion of their 12-month period and with medical approval from their HCP, Servicewomen are required to participate in the official PFA cycle, as prescribed below:

QBE Month	6-months postpartum medical screening by HCP/AMDR	Participation Cycle	Next Required PFA Cycle Begins (months after QBE)
January	July	CY2022	April (+15 months)
February	August	CY2022	April (+14 months)
March	September	CY2022	April (+13 months)
April	October	Cycle 1 2023	January (+21 months)
May	November	Cycle 1 2023	January (+20 months)
June	December	Cycle 1 2023	January (+19 months)
July	January	Cycle 1 2023	January (+18 months)
August	February	Cycle 1 2023	January (+17 months)
September	March	Cycle 1 2023	January (+16 months)
October	April	Cycle 1 2023	January (+15 months)
November	May	Cycle 1 2023	January (+14 months)
December	June	Cycle 1 2023	January (+13 months)

Wellness PFA Screening

Postpartum Servicewomen will participate in a wellness (unofficial) PFA between six and nine months postpartum, following a QBE.

Postpartum Servicewomen must complete a PARFQ and be medically screened (complete NAVMED 6110/4) for participation in the wellness PFA by their HCP/AMDR at 6-months. If the postpartum Servicewoman is not cleared to participate, they must be rescreened by their HCP/AMDR until they are medically cleared to participate in the wellness PFA. Within 10-days of receiving medical clearance to participate in the wellness PFA, a postpartum Servicewoman must coordinate with their CFL/ACFL to schedule their wellness PFA.

Once the postpartum Servicewoman passes the wellness PFA, they may return to command/unit PT. CFLs should be mindful of the various fitness levels of all of their Sailors, to include postpartum Servicewomen, when conducting command/unit PT and provide modified exercises as needed.

Wellness PFA Screening (cont.)

If the postpartum Servicewoman fails, there will be no negative consequences for failing and they will **NOT** be placed on FEP. They will be provided postpartum nutrition and fitness resources to assist with their postpartum recovery.

The wellness (unofficial) PFA provides COs and CFLs visibility on the health and fitness level of their postpartum Servicewomen as well as an opportunity to provide assistance to Servicewomen during their postpartum recovery.

Important note: Servicewomen should participate in the Wellness PFA to the best of their ability, without overexerting themselves in order to pass. The goal is to assess a postpartum Servicewoman's fitness level, midway through the 12-month PFA exemption period in order to assist them with returning to Navy PFA standards.

Termination of Pregnancy and Stillborn Birth

Termination of Pregnancy. Servicewomen who miscarry or have an abortion must seek evaluation by their HCP to determine the appropriate convalescent leave period. A member who suffers a miscarriage or abortion may receive a “pregnant” status based on the recommendation from their HCP.

Stillborn Birth. Servicewomen who give birth to a stillborn child(ren) are exempt from participating in a PFA for 12-months following the birth event.

In-vitro Fertilization (IVF)

In-vitro Fertilization (IVF). During the actual IVF cycles, CO/OICs are authorized to approve a “medical waiver” to exempt Servicewomen from participating in the PFA to better ensure IVF success. If the IVF treatment results in a successful pregnancy, the provisions of the pregnancy policy will pertain. If the IVF treatment is unsuccessful, the Servicewoman must participate in the PFA (current cycle), if cleared by their HCP.

Question

A female Sailor fails the BCA. One week later she learns she is pregnant. Is this Sailor entered in PRIMIS-2 as pregnant for the BCA?

Question/Answer

A female Sailor fails the BCA. One week later she learns she is pregnant. Is this Sailor entered in PRIMS-2 as pregnant for the BCA?

Yes, If a Servicewoman failed her PFA and is able to provide documentation from her HCP that she was pregnant at the time the BCA and/or PRT was conducted, annotating the date of conception, the Servicewoman's official PFA record will be updated in PRIMS-2 and correctly documented as "Pregnant" once the PRP office receives the LOC.

Questions

When are Postpartum Sailors required to participate in the PFA?

Are pregnant Service members required to participate in a FEP? Who can provide pregnant Servicewomen exercise advice?

Questions/Answers

When are Postpartum Sailors required to participate in the PFA?

Answer: Postpartum Servicewomen are exempt from participating in an official PFA for 12-months following a QBE.

Are pregnant Service members required to participate in a FEP? Who can provide pregnant Servicewomen exercise advice?

Answer: No, The postpartum Servicewoman is encouraged to maintain a regular fitness routine during their pregnancy and is required to gradually resume an exercise program under the guidance of their HCP and/or the Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook

Resources

Detailed guidance for designated AMDRs is available in:

- PRP Guide 6 – PFA Medical Clearance/Waiver

<https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/Physical/Guide%206-PFA%20Medical%20Readiness%20JAN%202022.pdf?ver=fcE1ybyUYzNuZS6TIXXMqg%3d%3d>

- PRP Guide 8 – Managing PFA Records for Pregnant Servicewomen

[https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/Physical/Guide%208-Managing%20PFA%20Records%20for%20Pregnant%20Servicewomen%20\(JAN%202022\).pdf?ver=DRt7yue0p67TD7qFAWW2tw%3d%3d](https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/Physical/Guide%208-Managing%20PFA%20Records%20for%20Pregnant%20Servicewomen%20(JAN%202022).pdf?ver=DRt7yue0p67TD7qFAWW2tw%3d%3d)

- Navy Pregnancy and Postpartum Physical Training and Nutrition Guidebook

[https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/ParenthoodPregnancy/Navy%20Pregnancy%20and%20Postpartum%20Physical%20Training%20and%20Nutrition%20Guidebook%20\(July%202021\).pdf?ver=CNWy7WJ_VYuyNWVJ6ufnbQ%3d%3d](https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/ParenthoodPregnancy/Navy%20Pregnancy%20and%20Postpartum%20Physical%20Training%20and%20Nutrition%20Guidebook%20(July%202021).pdf?ver=CNWy7WJ_VYuyNWVJ6ufnbQ%3d%3d)

- MyNavy HR Physical Readiness Program

<https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Physical-Readiness/>