

## **Physical Readiness Program E-GRAM**

**UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS  
5720 Integrity Drive, Millington TN 38055 - OPNAV N170B – October 2015**

---

### **How are CFLs/ACFLs required to enter failed BCA data in PRIMS for Sailors who have participated in CY 2, 2015?**

The PRIMS application has not yet been programmed to allow PRT entry when a member either fails the BCA or is medically waived for the BCA on either the PFA or FEP Screens. The programming has been requested, estimated completion to be determined. If you have a situation where the member fails the BCA or is medically waived from the BCA but participates in the PRT, you will need to submit a correction request to N170B with the BCA and PRT score sheets. We will have to request the record be updated manually in the database. Please see correction request template under the “Help” link in PRIMS. Additionally, a BCA failure will reflect as a failure in PRIMS. It is there for statistical, monitoring and FEP purposes. It does not count toward any administrative consequences.

### **What is the process for Sailors who have failed the BCA for CY 2, 2015 before participating in the PRT?**

Sailors who have failed the BCA must be medically cleared prior to participation. Documenting clearance is accomplished on the NAVMED 6110/4 form. Section 2.B. of the 6110/4 must be completed and signed by either the treating physician (PCM) or the Authorized Medical Department Representative (AMDR). Section 4 of the 6110/4 is only to be filled out by the AMDR. The treating physicians (PCM) can recommend in section 2 but final medical clearance is endorsed by the designated AMDR in section 4 before returning the document to the Command CFL. The CFL will then route the NAVMED 6110/4 to the CO for final endorsement before allowing member to participate in the PRT.

### **Effective 01 January 2016, a Sailor will have three-step process regarding BCA measurements. What are the steps?**

(1). Height/Weight screening Measurement- using the chart located in the OPNAVINST 6110.1J for guidance, (2). Single-Site Abdominal Circumference (AC) Measurement – Males equal to or less than 39.0 inches, Females equal to or less than 35.5 inches, and (3). Body Circumference Assessment (BCA) Measurement. Members will pass the BCA by meeting the DOD Maximum allowable body fat limit of equal to or less than 26% for males and equal to or less than 36% for females.

#### **Reminder**

*The ADSEP standard of three failures in the most recent four years will change effective 01 January 2016 to two failures in three years.*

#### **Tip of the Month!**

*Be a champion for change*