

Physical Readiness Program E-GRAM

PRIMS AND PFA EDITION

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055- OPNAV 135F – DEC 2011

What's new in PRIMS?

Record Locking Feature: PFA records will be automatically locked after 3 data entry attempts. To unlock a record, the CFL is required to submit a Letter of Correction (LOC) with justification.

Medical Waiver Editing: CFLs can now enter medical waivers after the PRT data has been entered. Select medical waiver, select icon with pencil, add BCA and PFA dates, select events member was waived from and re-save waiver. PFA record will be updated to reflect medical waiver.

During the PFA, can the pre-programmed functions be used on the alternate cardio machines?... No. During official testing CFLs must follow the procedures outlined in OPGUIDE 10.

Are retroactive BCA waivers authorized?... No. All members are responsible for addressing any potential BCA issues prior to testing. Get the word out, BCA results are final! Members should be addressing all medical issues during the PHA and or PARFQ process. If a member can provide medical documentation to reflect their attempt to resolve an issue prior to testing and it was later discovered that a condition was misdiagnosed, a CO may request an after-the-fact waiver, if the BCA was not successful.

Are retroactive PRT waivers authorized?... Yes, if the CO and Medical determine a member's injury/illness was not a result of the member not being prepared for the PRT.

What if an active duty command is not able to complete the PRT within the required 10 day timeframe?...The CFL must pay close attention in the scheduling of the PRT portion of the PFA. There are no workarounds in PRIMS which will allow the command to exceed the 10 day requirement. If justified, the CO does have the authority to DEP/OP the PRT if due to operational commitments the PRT portion of the PFA cannot be accomplished as required by OPNAVINST 6110.1J.

TIP OF THE MONTH!

Exercise for you, not to impress.