

GUIDE 6

Physical Fitness Assessment (PFA) Medical Readiness

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Section 1: Overview

1. Medical Clearance. The medical clearance process is designed to ensure appropriate screening and clearance is obtained prior to testing or physical training. The medical screening includes the annual Periodic Health Assessment (PHA), the semi-annual Physical Activity Risk Factor Questionnaire (PARFQ) (NAVPERS 6110/3), and Pre-Physical Activity Questions.
2. Periodic Health Assessment (PHA) and Deployed Health Assessment (DHA). Service members must maintain an annual PHA, and, if required, complete a DHA to include the Post-Deployment Health Assessment (PDHA – DD 2796) or Post Deployment Re-Assessment (PDHRA – DD 2900). PDHA must be completed 30 days prior to departure and 30 days from return of deployment. PDHRA must be completed within 3-6 months after return from deployment. Members without an updated PHA or DHA are prohibited from participation in the PRT portion of the PFA. If a full PFA (BCA and PRT) is not completed due to a delinquent PHA or DHA, the CO has the authority to assign a “UA” status in PRIMIS.
3. Physical Assessment Risk Factor Questionnaire (PARFQ). Safety and health of the fleet will be ensured through medical compliance.
 - a. Members will complete a PARFQ before participating in each PFA cycle. If a DHA is required and is not completed, the member will not be able to complete the PARFQ.
 - b. The PARFQ is not required to be completed prior to participating in the BCA if the member is anticipated to be in a PRT non-participation status (DEP/OP, Validation, etc.).
 - c. If there are any responses on the current cycle PARFQ that require a member to make an appointment with a health care provider (HCP), the member must print, sign, and take the PARFQ form to the nearest medical treatment facility (MTF) for Authorized Medical Department Representatives (AMDR) evaluation and clearance. If a PFA medical waiver is not required, medical clearance must be documented on the bottom of the PARFQ. If a medical waiver is recommended, the recommendation must be issued on the official PFA Medical Clearance/Waiver (NAVMED 6110/4) and routed to the CO for final determination each PFA cycle.
4. Pre-Physical Activity Questions (PPAQ). Prior to participation in the PRT and any organized group PT, the PPAQ must be asked by the CFL/ACFL. See Guide 5 for the Pre-Physical Activity Questions and additional amplifying information.
5. Responsibilities:
 - a. Commanding Officer/Officer in Charge (CO/OIC):
 - (1) CO/OICs with medical department staff must designate an AMDR in writing, authorizing the AMDR to make recommendations on PFA medical waivers. The CFL cannot be designated as the AMDR.

(2) Approve or disapprove all command PFA waivers prior to the official command PFA. "By direction" authority for a PFA medical clearance/waiver request is strictly prohibited.

(3) Refer members who receive medical waivers for two consecutive PFA cycles for the same medical condition or three medical waivers in the most recent four-year period to the local MTF for a medical record review.

b. Authorized Medical Department Representatives (AMDR). The AMDR must be a physician, adult nurse practitioner, physician assistant, or Independent Duty Corpsman (IDC) and must be appointed in writing by the unit CO or Navy Medicine Readiness and Training Command (NMRTC) CO. Designated AMDRs are authorized to make PFA medical recommendations to the CO via NAVMED 6110/4. The AMDR must review all positive PARFQs and recommended medical waivers. If the CO approves the medical waiver, the AMDR is to ensure a copy of the approved NAVMED 6110/4 is properly filed in the member's medical record. All newly designated AMDRs are directed to review and complete the AMDR training slide deck located on the Physical Readiness Program website.
<https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Physical-Readiness/>

c. Non-Military Providers. If a reservist or active duty member is treated by a non-military provider (e.g. civilian health care provider (HCP)) or at a non-MTF, the member must present the NAVMED 6110/4 to the HCP and forward to an MMRTC for a military endorsement (AMDR) prior to forwarding to the member's CO.

d. Military Treatment Facility (MTF):

(1) Designate AMDR(s) to make PFA medical recommendations.

(2) Conduct PFA medical screenings.

(3) Complete NAVMED 6110/4 for clearance following a positive PARFQ or for a medical waiver recommendation for all or part of the PFA and file in the medical record.

(4) Review medical records of members with multiple waivers and determine plan. (See medical waiver management flow chart).

(5) Convene a Medical Evaluation Board (MEB) to assess Service member's medical condition(s) for duty limitations, whether conditions meet medical standards for retention (i.e. DODI 6130.03 Volume 2), and to make a final disposition.

f. Command Fitness Leader (CFL):

(1) Ensure no member takes the PFA without proper medical screening/clearance.

(2) Ensure members with positive screens (yes answer to PARFQ) report to medical and receive a NAVMED 6110/4 prior to participating in the PFA.

(3) Review all NAVMED 6110/4 request and document PFA medical waiver status prior to forwarding to CO/OIC.

(4) Ensure only CO/OIC approved PFA waivers for the current cycle are documented in the PRIMS.

(5) Inform CO/OIC of members meeting MEB requirements for a referral to the MTF.

g. Service member:

(1) Ensure annual PHA is complete prior to bi-annual command PFA cycles.

(2) Complete PARFQ with accurate information.

(3) Obtain NAVMED 6110/4 from MTF for any positive PARFQ responses.

(4) Honestly answer the pre-physical activity questions when asked prior to the PRT and any organized group PT.

6. PRT Injury/Illness. The CFL is responsible for reporting any injuries incurred during organized group PT or the PFA to the Command Safety Officer. Commander, Naval Safety Center (COMNAVSAFECEN) must be informed if a death occurs during or within one hour upon completion of the PRT or organized group PT.

a. If an injury/illness prevents a member from finishing a PRT, the CFL/ACFL must refer the member to medical for an evaluation. If medical determines that the member's injury/illness was due to the member's failure to actively participate in a physical conditioning program, a medical waiver will not be approved. Additionally, if the injury/illness occurred:

(1) During the push-ups and member did not complete the forearm plank (and it was determined that the member's injury was due to non-conditioning), the CFL/ACFL will enter "1" in PRIMS for the push-ups, resulting in a failed PRT.

(2) During the forearm plank and member did not complete the cardio (and it was determined the member's injury was due to non-conditioning), the CFL/ACFL will enter "00:10" (10 seconds) in PRIMS for the forearm plank, resulting in a failed PRT.

(3) During the run portion, the CFL/ACFL will record the number of push-ups completed and time of forearm plank prior to injury/illness. The CFL/ACFL will enter 59:59 for cardio in PRIMS, resulting in a failed PRT.

b. 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 the entire PRT.

7. Light Duty (LD). Individual Sick Slip (NAVMED 6310/1 – "LD chit") may be issued by a medical provider when, due to an injury/illness, a member will not be able to participate in

individual or command/unit PT for a specific amount of time. Per NAVMED P-117, LD is only to be granted for a maximum of 30 days before follow-up/re-evaluation. If the illness/injury is expected to be resolved prior to the next regularly scheduled PFA, medical may grant additional LDs up to 90 days. Anything exceeding 30 days at onset, or following two subsequent periods of reevaluation (90 days total), must follow Limited Duty (LIMDU) procedures. If the issue will not be resolved prior to the end of the command's PFA cycle, the member will be required to obtain a PRT medical waiver.

8. Limited Duty (LIMDU). BUMEDINST 6000.19 mandates enrollment into LIMDU via Limited Duty Sailor and Marine Tracking (LIMDU SMART) system when a Service member has a medical condition(s) that is duty limiting and where return to full duty is anticipated. LIMDU durations must be condition based, not fixed at 6 months, and should be considered when full recovery is anticipated to be more than 30 days. The LIMDU documentation must clearly spell out the member's PFA limitations. Unless otherwise stated, the member will be required to participate in BCA. For additional guidance, see [Table 1](#): PFA Medical Waiver Management Chart.

9. Return to Full Duty. When a member is medically cleared to return to full duty status, the member is required to participate in the PFA (BCA/PRT). Members who do not or receive a failing score for non-participation in the portions of the PFA which they were medically cleared for participation.

Section 2: Medical Clearance/Waiver Management

1. Periodicity. 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 (30 June and 31 December). If the expiration date of the medical waiver occurs prior to the end of the command PFA cycle, the member will be required to complete the PFA. If the expiration of the waiver occurs after the command PFA cycle, the member may be waived from the PFA events indicated on the waiver.

2. PFA Medical Clearance/Waiver. The CFL must ensure medical clearance/waivers are properly documented, signed and entered into PRIMIS. The PFA medical clearance/waiver must be issued on a NAVMED 6110/4 and must include an effective and expiration date. Standard Form (SF) 600s are not authorized. Instructions for completing the PFA Medical Clearance/Waiver are provided in Section 3.

a. Members that require medical clearance as indicated by the PARFQ, may be cleared by medical for participation in the PRT on the bottom of the PARFQ, if no PRT medical waiver is recommended.

b. PFA medical waivers are authorized for members with an injury, illness or for members recovering from a surgical or medical procedure, which will prevent them from participating in an official PFA with the command or prior to the end of the Navy PFA cycle.

c. Individuals who receive a BCA or PRT medical waiver for two consecutive PFA cycles or three in the most recent 4-year period must be referred to a Medical Treatment Facility (MTF) for a Medical Evaluation Board (MEB). The MEB findings must be referred to NAVPERSCOM (PERS-454) for disposition.

d. For pregnant and postpartum Sailors, see Guide 8, *Managing Physical Fitness Assessment Records for Pregnant Servicewomen*

3. BCA Medical Clearance/Waiver. It is each member's responsibility to address potential medical circumstances affecting accurate measurements **prior** to their official BCA. Once the command PFA cycle commences, all BCA results are official and final. A BCA medical clearance/waiver may only be recommended by a medical board eligible or certified specialist Physician (e.g. AMDR/HCP).

a. BCA medical waiver must be issued on a NAVMED 6110/4 and will require two signatures:

(1) The physician (military or civilian) recommending the waiver; and

(2) AMDR physician. A military physician must endorse the waiver.

(3) If the AMDR is the recommending physician, the AMDR supervisor's signature is required.

- b. The inability to obtain an accurate weight (e.g., leg cast) or measurement (e.g., recent surgery on an area directly involved with the measurements used to calculate BCA).
- c. A medical condition or medical therapy which has been newly diagnosed, worsened in severity, or increased in dosage during six month PFA cycle which is known to result in weight gain.
- d. The inability to exercise is not a valid reason for a BCA medical waiver.

Note: If a member is approved for a BCA medical waiver, the bike alternate cardio option cannot be used. An official BCA must be conducted in order to determine a cardio score.

4. PRT Medical Clearance/Waiver. A PRT medical clearance/waiver may only be recommended by an IDC or a properly credentialed physician, adult nurse practitioner, or physician assistant (e.g. AMDR/HCP) utilizing NAVMED 6110/4. Medical physicians are to conduct a comprehensive medical evaluation on the member to determine if a PRT medical waiver is warranted for one or multiple PRT modalities (push-up, plank, cardio).

5. MEB Procedures and Requirements. Members with multiple PFA medical waivers must be referred to the Medicine Readiness Training Command (NMRTC) for a medical assessment by MEB providers. The assessment and MEB findings must document whether Service member's condition(s) are duty limiting, whether they meet current retention standards (i.e. DODI 6130.03 Volume 2), and to make a final disposition. Additionally, the MEB findings must be documented in LIMDU SMART, via completion of NAVMED 6100/5 and will represent the MEB report (MEBR). The purpose of the MEB is to evaluate medical conditions resulting in a member's inability to successfully complete the Navy PFA. A MEB will be conducted for Service members who:

- a. 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.

- b. 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.

- c. Meet PFA MEB requirements; prior to completion of each PFA cycle, the CFL is required to inform the CO on any member that meets these requirements. Once notified by the chain of command, the member must report to a MTF, which initiates the MEB. The MEBR will be provided to the unit CO and should include the following:

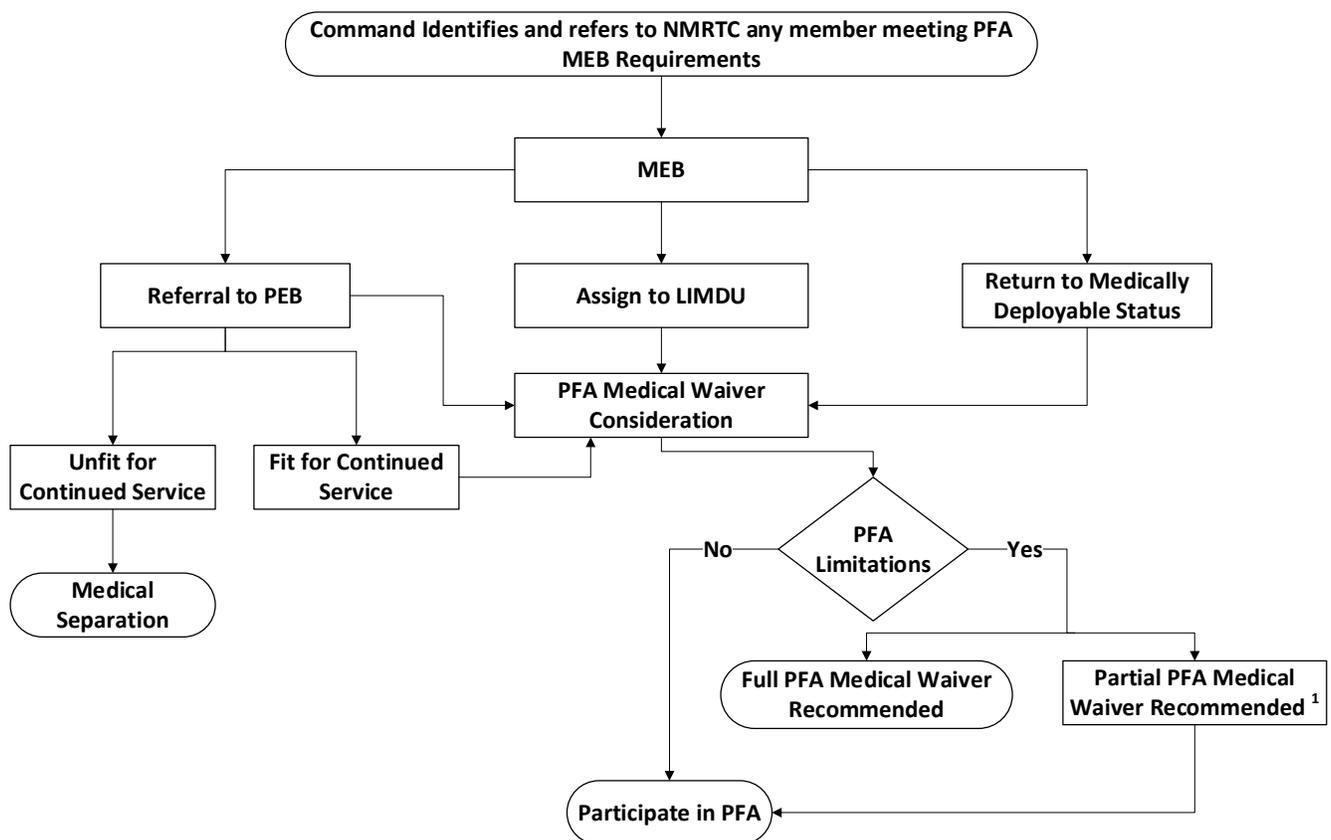
- (1) If the member is returned to medically unrestricted duty. Member will be required to participate in the next regularly scheduled PFA; or

- (2) If the member requires additional time to recover from medical condition and will be waived from the PFA for a specific period of time, such as LIMDU; or

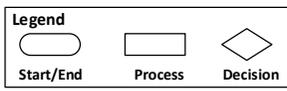
(3) If the member is referred to PEB, see [Table 1](#): PFA Medical Waiver Management Chart for additional guidance.

6. **MEBR Review.** 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.

TABLE 1: PFA MEDICAL WAIVER MANAGEMENT CHART



¹ Document PFA components that can be completed in NAVMED 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.



Section 3: Completing NAVMED 6110/4

1. Member and CFL Information. This section is to be completed by the member:

a. **Command Name:** Full name of the command

b. **UIC/RUIC:** Five digit code

c. **CFL/POC:** Name of CFL or ACFL

d. **CFL Telephone No:** Phone number of CFL or ACFL

e. **Reason for referral:** (check all that apply)

(1) Positive PARFQ Screening

(2) Expired PFA

(3) Age \geq 50. ("Yes" if 50 years old or older and "No" if less than 50 years of age)

(4) No PRT in last year. ("Yes", if medically waived from previous two PFA cycles and "No" if the member participated in at least one)

(5) Injury/Illness. The member acquired in injury during Physical Training (PT) or while participating in the PRT.

2. PRT Waiver Information. To be completed by the AMDR/HCP. PRT medical waivers may be recommended by IDCs, Physician Assistant and civilian specialist. IDC or a properly credentialed physician, adult nurse practitioner, or physician assistant (e.g. AMDR/HCP)

a. **PRT Waiver.** Indicate which PRT event is being recommended for a PFA medical waiver and the date the waiver will expire. Date of waiver may not exceed the current 6 month Navy PFA cycle (30 June or 31 December)

(1) Push-ups

(2) Forearm Plank

(3) Cardio event

(4) Waiver expiration date

b. **PRT Modifications.** Use this section to indicate which alternate cardio the member is cleared to participate in for current PFA. If member is waived from cardio and this section is left blank, member is not authorized to participate in an alternate cardio option.

- (1) Concept 2 Rower
- (2) Treadmill
- (3) Stationary Bike
- (4) Swim

c. Physical Training (PT) portion indicates whether member is cleared to participate in:

- (1) Command /Unit PT and FEP
- (2) Individual PT
- (3) **AMDR Treating Provider Name.** Printed Name.
- (4) **AMDR/Treating Provider Signature.** Signature block.
- (5) **Date.** Date recommendation is made.

3. BCA Waiver Information

This section is reserved for BCA medical waiver recommendations and if granted, requires two different signatures. The Treating Physician may only be completed by the physician treating the underlying condition related to the BCA. See Section 1, paragraph 9. BCA Medical Waiver for BCA waiver requirements.

a. **Waiver.** “Yes” if recommended and “No” if not recommended.

(1) **AMDR/Treating Physician Signature.**

(2) **AMDR/AMDR Supervisor Signature.** If the AMDR is provider recommending the BCA medical waiver, the AMDR’s supervisor signature is also required.

(3) **Reason per OPNAVINST 6110.1series.** See Section 1, paragraph 9 for BCA waiver requirements. Inability to exercise is not a valid reason for a BCA waiver. Check all that apply:

- (a) Inability to obtain BCA measurement explanation.
- (b) Medical Treatment/Therapy

b. **BCA Waiver Expiration Date.** Date the waiver expires. May not cross over PFA cycle dates of 30 June or 31 Dec.

4. Authorized Medical Department Representative (AMDR) Endorsement. This section is to be completed by the AMDR. All sections must be completed.

a. **Member Cleared.** “Yes”, if no waiver is recommended. “No”, if PFA medical waiver is recommended.

b. **PRT Waiver Recommended.** “Yes” if waiver is recommended, “No” if not.

c. **BCA Waiver Recommended.** (Can only be recommended by an AMDR physician), “Yes if recommended, “No if not.

d. **Is member in LIMDU?** “Yes” if member is currently in the LIMDU status, “No” if not.

e. **LIMDU Expiration Date.** Date the LIMDU will expire or become inactive.

f. **AMDR Name.** Print name clearly.

g. **AMDR Signature.** Print clearly.

h. **Date.** (DD/MMM/YYYY)

5. **CO Endorsement.** PRT and BCA medical waivers must be approved by the CO/OIC before CFL enters waiver into PRIMS. COs have authority to request a second look on whether member requires a medical waiver for the PRT or BCA portion for the entire PFA cycle prior to approving a medical waiver.

a. **Waiver Status.** To be completed by CFL, prior to the CO/OIC signature:

(1) **Number of waivers in last 4 years.** Include the number of waivers documented in PRIMS in the most recent four-year period plus the current waiver.

(2) **Meet MEB requirements?** “Yes” or “No” If the current waiver is approved, will the member require a MEB? Include the current waiver in the count.

(3) **CFL Signature:** CFL signs here.

(4) **Date:** Date signed by the CFL.

b. **PRT Waiver Approved.** “Yes” if approved, “No” if disapproved.

c. **BCA Waiver Approved.** “Yes” if approved, “No” if disapproved.

(1) **Member CO/OIC Signature:** Signature of CO/OIC.

(2) **Date:** Date CO/OIC approved or disapproved the waiver.