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PERS-82
8MAY12
Guide 6
Outline

• Physical Fitness Assessment (PFA) Medical Clearance/Waiver

• Medical Waiver Management

• Completing the actual form (NAVMED 6110/4)
Section 1 - Medical Clearance

• Annual Periodic Health Assessment (PHA)
  – Mandated by SECNAVINST 6120.3 CH-1 (DEC09)

• Physical Assessment Risk Factor Questionnaire (PARFQ) prior to each PFA
  – Mandated by OPNAVINST 6110.1J (JUL12)

• Pre-physical training activity questions prior to the actual PRT
  – Mandated by OPNAVINST 6110.1J
Medical Waiver

• Authorized only for sailors with either an injury or illness that will prevent them from fully participating in that PFA cycle ending either 30JUN (Cycle 1) or 31DEC (Cycle 2)
  – e.g. Recovering from surgery

• NAVMED 6110/4 form
  – SF 600 forms no longer accepted.
Medical Waiver Process

• Commanding Officers
  – Must designate (writing) an Authorized Medical Department Representative (AMDR)
    • Reviews all waivers for approval/disapproval
  – Bottom lines all waivers
    • Or By Direction authority
  – Refers sailors with either 2-consecutive or 3 in 4y waivers to nearest/serving MTF for review
Medical Waiver Process

• Military Treatment Facility (MTF)
  – Designates AMDR(s) to review referrals
    • Reviews PARFQ
    • Reviews waiver referrals
    • Reviews sailors with multiple waiver referrals
      – Those who meet criteria for either LIMDU or PEB are forwarded on to PEBLO (Physical Evaluation Board Liaison Officer)
        » LIMDU come to PERS-82 for review
        » PEB goes on to Navy Yard
        » Or no action, if deemed necessary
PERS-82

• LIMDU authority for all Officer requests and 3rd or more Enlisted requests (i.e. Department Reviews)
  – MPM 1301-225 for Officers
  – MPM 1306-1200 for Enlisted
Command Fitness Leader (CFL)

- Ensures compliance (for the CO) with the medical screening/clearance.
  - Before PFA
  - PARFQ
  - Day of the test/PRT
Member

• Keeps PHA accurate/up-to-date

• Keeps PARFQ (when necessary) accurate/up-dated
  – Needs medical appointment with AMDR for signed NAVMED 6110/4

• Answers honestly day of PRT
Returned to Full Duty

- If found FIT before 30JUN (Spring PFA) or 31DEC (Fall PFA)
  - Must participate in PRT
    - Pass BCA, cardio, and at least one of either sit-ups or push-ups

- Waivers valid for only current PFA cycle
  - May not extend into next cycle
  - NO PERMANENT WAIVERS!!
Authorized providers

• Designated AMDR by CO
  – Physicians, PA, NP, or IDC
  – May be sister-service physicians
    • Civilian providers can recommend waiver, but must be co-signed by MTF AMDR

• BCA waivers
  – Only physician AMDR
BCA Waiver

- Physician only
  - Board-eligible (anything), not GMO
- Mechanical inability to accurately measure
  - Leg in cast
  - s/p stomach or neck surgery
- Medical condition/therapy
  - Newly diagnosed/worsening chronic, in last 6m
  - New medicines known to aggravate
- Not being able to exercise is NOT an excuse
BCA Waiver

• No retroactive BCA waivers
  – Once officially measured, DONE
PRT Injury

• CFL reports injury to NAVSAFCEN
  – Has sailor report to medical for evaluation

• If medical determines that injury due to poor conditioning, no medical waiver
  – If not due to poor conditioning, retro-waiver or be approved for Bad-Day retest.
Light Duty (LD)

• Granted for minor/reversible injuries or illnesses
  – Granted in 30 day blocks
  – Still may participate in PRT after healed

• Not granted beyond 3 periods (or 90 days)
  – Needs LIMDU for periods beyond 90 days
LIMDU

• Guided by SECNAVINST 1850.4E, para 1008
  – Revisits the max LD
    • May extend one extra 30d LD period at Medical Board

• Conditions that require up to 16m recovery
  – 6m periods
  – >12m periods ENLISTED require PERS-82 approval
  – All OFFICER requests require PERS-82 approval.

• Unless specifically stated on form, BCA still required
Section 2 – Medical Waiver Management

• Purpose
  – To evaluate for medical conditions resulting in a Service member’s inability to successfully complete the Navy PFA as directed by OPNAVINST 6110.1J
Medical Waiver Management continued

- MEB Eligibility
  - Two consecutive waivers for the SAME medical condition that resulted in either BCA waiver, or not doing the cardio event, or one of the 2 muscular endurance events (sit-ups or push-ups).
  - Three waivers over previous 4y for ANY medical condition that resulted in either BCA waiver, or not doing the cardio event, or one of the 2 muscular endurance events (sit-ups or push-ups).
  - CO desires the sailor to be evaluated.
Medical Waiver Management continued

• CFL
  – Essential to notify command of eligible
  – Command makes the referral for MEB

• MEB
  – Reviews AHLTA and patient
  – 3 options
    • PEB referral
    • LIMDU referral
    • No restrictions – do PFA
Flotsam and Jetsam

• NO permanent PRT waivers
  – No where in PEB instruction, except in PLD section (enclosure 6)
  – Paragraph 3307
    • “inability to pass PRT not a basis for UNFIT findings”

• Multiple waivers looks bad in Selection Pit

• Just Do It.