ANSWERS AND UPDATES TO FREQUENTLY ASKED QUESTIONS

**Congratulations to ALL the CFLs who re-certified before 1 January 2019!**

**CFL Re-certification**: As outlined in NAVADMIN 061/16, para 3.c.(1-6), CFLs who qualified prior to 2016 were required to re-certify before 1 January 2019. CFLs who failed to re-certify will no longer have PRIMS access and their 8CFL NEC will be removed. Please see the dates and locations below to re-certify:

- **FY-19 CFL 2-Day Seminar Schedule** (dates/locations):
  - 20-21 Feb. 2019: NAS Mayport, FL
  - 13-14 Mar. 2019: NAS Pensacola, FL
  - 24-25 Apr. 2019: CFA Sasebo, JP
  - 22-23 May 2019: NAS Sagonella, IT
  - 12-13 Jun. 2019: JEB Little Creek, VA
  - 17-18 Jul. 2019: NSB Kitsap, WA
  - 28-29 Aug. 2019: NAS Patuxent River, MD
  - 11-12 Sep. 2019: NB Coronado, CA

- **FY-19 CFL 5-Day Course Schedule** (dates/locations):
  - [https://www.navyfitness.org/fitness/cfl-information/cfl-course-schedule](https://www.navyfitness.org/fitness/cfl-information/cfl-course-schedule)

**Correction on Courtesy BCAs Clarification**: In our May 2018 E-Gram, we stated “during a ‘spot-check’ BCA, if the member is within BCA and AAS for his/her age group there will be no action taken. Should the member be out of BCA or AAS, FEP enrollment is mandatory until member is within AAS and passes a ‘mock’ PFA.” For further clarification (correction), in accordance with NAVADMIN 304/17, para 5.c “Upon either a BCA spot-check failure or PFA failure, members must participate in FEP until they pass an official PFA and are within AAS.”

**Nutrition Update**: Now that the holidays are over, it's a great time to use the NAVADMIN 160/18 Registered Dietitian Support to Operational Forces and get your command off on the right foot before the Spring PRT. NAVADMIN 160/18 allows for registered dietitians (those that know most about performance nutrition) to come to your command and provide performance nutrition information to the command, meet with staff one on one, work with your FEP member from the Fall cycle and much more. It's a New Year so ensure you are doing all that you can for your command. The MOA, Sample request letter and CO's check list is located at www.nutrition.navy.mil under the CO's Toolbox tab.

Check your Sailors for proper fueling and recovery from workouts. Directly after a workout your body is primed to repair and refuel working muscles rather than storing fat. Eating after exercise helps reduce risk for injury and illness, improve performance, and assist with peak recovery. For strength training, refuel within 30 minutes with high
quality protein like 3 hardboiled eggs or 3 ounces of cooked chicken or 16 ounces of low fat chocolate milk. Endurance training (cardio) use a mix of 3-4 grams of carbs to 1 gram of protein; like a turkey sandwich and a piece of fruit or a cup of rice and a small chicken breast or a fruit and yogurt smoothie. Check out www.nutrition.navy.mil for more information regarding performance nutrition and tips for both you and the sailors you lead.

Policy Update: Guidance as it pertains to members within 2 years of retirement and having two consecutive failures:

"10 U.S Code 1176 - Enlisted members: retention after completion of 18 or more, but less than 20, years of service.

(a) Regular Members. A regular enlisted member who is selected to be involuntarily separated, or whose term of enlistment expires and who is denied reenlistment, and who on the date on which the member is to be discharged is within two years of qualifying for retirement under section 3914 or 8914 of this title, or of qualifying for transfer to the Fleet Reserve or Fleet Marine Corps Reserve under section 6330 of this title, shall be retained on active duty until the member is qualified for retirement or transfer to the Fleet Reserve or Fleet Marine Corps Reserve, as the case may be, unless the member is sooner retired or discharged under any other provision of law."

BLUF: Member must be retained to complete 20 years.

PRIMS Update: With the ARMY Safe file exchange capability down indefinitely, the PRIMS program is no longer receiving MRRS data file updates (which includes PHA, PDHA and PDHRA due and overdue information) uploaded into PRIMS.

The CFL work around for this problem is to have your CFL input your physical health assessment (PHA) date into PRIMS manually under the details page. Members will have to print out the IMR from BOL and provide a copy to the CFL. The member provides the official proof to the CFL and CFL will need to enter so that member can complete a PARFQ prior to the PRT. Each member is responsible to complete all physical assessments due (or overdue) and be medically cleared prior to the command cycle PRT. Members are responsible to plan medical appointments and ensure they have addressed all medical concerns to include providing CFLs documentation proof they are medically cleared or waived prior to the scheduled command PRT. Efforts are underway to resolve this situation and provide a direct connection to PRIMS. Please be patient as we move forward to fix this unexpected issue.