

Physical Readiness Test Requirements

Have you completed (Part I & II) of the Physical Health Assessment (PHA)?

Part I- In accordance with the **OPNAVINST 6110.1G**, all active duty members are annually (during their birth month) required to complete a (PHA). To complete, members must sign onto the PRIMS web site, fill out the PARFQ, print the PARFQ, and an SF600. The member will then take the PARFQ and SF600 to medical. They will be screened and have the SF600 filled out by medical showing they are either cleared to participate in the PFA or waived from some or all events. The member or medical will return the PARFQ and SF600 to the CFL. If there are any waivers, they will need to be entered in PRIMS.

***Part II** – In accordance with the OPNAV **Instruction 6120.3**, an individual review of medical status is **also** required. This review includes items such as, blood pressure measurement, cancer and blood screening. Medical will document this visit on Form DD2766 in your medical record and at the bottom of the PARFQ.

How do I gain access to PRIMS to complete and print the required paperwork for my appointment?

Individuals may view their personal PFA records on PRIMS. The PRIMS web site is <https://prims.persnet.navy.mil/>. Once you are on the PRIMS log on screen you would enter your SSN as your log in identification; the password is your BUPERS On-line (BOL) password. If you do not have a BOL password you may acquire one at this site, <http://www.bol.navy.mil/default.asp>.

How do I schedule a PHA appointment?

PHA's are done at the Flight Line Clinic or PCM. If you'd like to schedule an appointment at the Flight Line Clinic, call X5455. Remember, you must bring your medical record, PARFQ, and SF600 to this appointment.

What if I get injured before the PRT?

If you have already completed your annual PHA, you'll schedule an appointment with your PCM for an injury/illness evaluation. Please don't forget to bring your PRT paperwork with the injury/illness box checked. This is not considered a PHA update, but an injury evaluation. If you receive a medical waiver for some or all events, please provide a copy to your Command Fitness Leader.

In closing, it is highly recommended that you start preparing well a head of time for the PRT. The better shape you're in, the less susceptible you'll be to injury.

For questions regarding the PHA process contact your Command Fitness Leader.

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