



January 11, 2013



Health Promotion and Wellness Friday Facts



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UPDATED BLUE H NEWS - NEW CY2012 BLUE H AWARD SUBMISSION INSTRUCTIONS



We are pleased to announce the availability of a new web-tool for Blue H applications. Here are our new Blue H Award submission instructions for CY2012:

1. If possible (CaC card access is required), please enter your Blue H scores online at: <https://nmcpeh-hpwebsvr.med.navy.mil/blueh>

If you receive a message "There is a problem with this website's security certificate", please click on "Continue to this website".

2. Send your completed Blue H criteria sheet (in Excel format) and your signed CO's Letter to NMCPHC at: <mailto:michael.r.macdonald@med.navy.mil>

3. Your submission is NOT complete until and unless you receive an E-mail confirmation from NMCPHC.

NOTES:

We invite the command Blue H POC and the CO to complete the brief questionnaire at: http://www.surveymonkey.com/s/Blue_H_Customer_Feedback

A tentative list of Blue H winners will be E-mailed to each command-level Blue H POC on or about 1 March. This will be your single opportunity to identify any corrections needed.

The NEW 2013 Blue H criteria will be posted on the Blue H homepage on or about 1 April.

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The Navy Surgeon General's "2012 Blue H Winners" message will be posted on the Blue H homepage on or about 1 May. This will be announced via the Blue H News.

An analysis of 2012 Blue H scores will be posted on the Blue H homepage on or about 1 May. This will be announced via the Blue H News.

Your Blue H pennant (if NOT received by your command in a prior year), your 2012 Blue H streamer, and a hardcopy of the Navy Surgeon General's "2012 Blue H Winners" message will be mailed to each winning command on or about 1 May.

REMINDER: REGISTRATION DEADLINE 18 JANUARY FOR NAVY HEALTH PROMOTION TRAINING AT NEPMU-2, NORFOLK, VIRGINIA



Anyone interested in attending any of the following HP Training offered by NMCPHC at NEPMU-2 should submit their quota request by the 18 January deadline:

4-6 Feb: Navy Health Promotion (HP) & Wellness Course (Seats are available for individuals assigned as the HP Coordinator, Director or Department Head for E-6 and above or GS-9 and above only).

7 Feb.: Tobacco Cessation Facilitator Training (Attendees must be at least an E-4 and tobacco free for at least 6 months prior to attending). This training is required to facilitate the Navy Tobacco Cessation Program.

8 Feb.: ShipShape Program Facilitator Training (Individuals who have been assigned as their command ShipShape Program Facilitators). This training is required to facilitate the ShipShape Program. There is no rank or GS level requirement to attend this training.

If you meet the criteria above and would like to request a quota to attend any of the training listed, please go to the NMCPHC/Healthy Living/Training website at: <https://admin.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-training.aspx> where you can learn more about each of the individual courses and obtain the Quota Request Form.

JANUARY IS HEALTHY WEIGHT MONTH!

Healthy Weight is the HP Toolbox topic for January. Be sure to check out the many ready-to-use resources available in the January HP Toolbox to support your efforts in recognizing this month! You'll find them at: <https://admin.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-toolbox.aspx>

