



2025 Surgeon General's Blue H Health Promotion and Wellness Award Instructions

As of 2/7/2025

1. Background Information

The **Health Promotion and Wellness Award** is an annual award sponsored by the Navy Surgeon General and managed by the Navy and Marine Corps Force Health Protection Command, as directed in BUMEDINST 6110.13A. This award encourages and rewards the promotion of health in Navy and Marine Corps organizations. Previously, there were four separate criteria to recognize the different roles played at different command types. These were combined to focus on commands interactions and providing a cohesive approach to:

- Workplace primary prevention policies, activities and outcomes.
- Clinical primary prevention processes.
- Community health promotion collaborations.

The Blue H recognizes the excellence commands provide while promoting resilience, readiness, and wellness for all.

The Blue H website is: <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Health-Promotion-and-Wellness/Blue-H/>

2. Reporting Period

The reporting period is by calendar year: 1 January – 31 December. Commands should include only policies and activities which were in place or conducted during this time when completing the plan of action used for application. The application must be submitted between **1-31 January** of the next year to qualify. Late submissions may not be included in the Surgeon General Award announcement.

3. Participation and Criteria

All Navy and Marine Corps commands and joint commands that include Sailors and Marines may participate. ALL command employees should be included in the health promotion efforts.



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This includes active-duty, reservists, and civil service. Contractors can participate as their contracting company allows.

All commands will use the Health Promotion Plan of Action (POA). Recommend planning and starting the POA in Jan of the award year and receiving Chain of Command approval for events and actions. This also helps identify policies and training that needs to be completed or updated during the year. Each tab on the POA shows criteria, suggestions, references, and resources.

Medical Treatment Facilities (MTF) have an extra tab available in the POA for criteria specific to clinical prevention. If a command states it is not an MTF, these points will not be available to them. This is only for hospitals and clinics and not medical departments inside fleet or deployed commands.

4. Combined Applications

NMRTCs

Any medical NMRTU led by an officer in charge (OIC) or Department Head AND geographically separated from the parent NMRTC, must submit independently of their parent NMRTC. The "Activity Head Letter" can be signed by either the NMRTU OIC or the parent NMRTC CO. The spirit of this requirement is that geographically separated units should conduct their own community-level and staff-level wellness activities. The NMRTC and their respective Branch Health/Medical/Dental NMRTUs are free to take credit for any activity, policy, programs or staff training criterion that are truly "shared".

Navy Fleet Commands

For geographically separated fleet commands and detachments, the Detachment OIC (rather than the geographically separated parent command) should validate the accuracy of the Blue H application and sign the "Activity Head Letter".

Navy Reserve Commands

NRC health promotion efforts (and their Blue H scores) should be based on policies and activities for all members of all UICs attached to that NRC – not just the full-time staff. Navy Reserve detachments should support the NRC health promotion efforts and support the NRC Blue H application. Detachments may apply for the Blue H independently of their NRC and is encouraged for geographically isolated detachments.



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5. Annual program recommendations

The Plan of Action is designed to support and assist for a yearlong program. It contains overview and evaluation, stakeholder, monthly, MTF and resources tabs. Annual process recommendations are:

Dec-Jan: Build the Upcoming Program

- Download current blank POA from Blue H website: <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Health-Promotion-and-Wellness/W2-Plan-of-Action/>
- Review all tabs and plan out the year's events.
- Is there a new event that might inspire your team?
- What challenges do you want to incorporate?
- What award level would you like to achieve?
- Receive Chain of Command approval and get events on schedule for program early.

Feb-Oct: Work the Plan

- Watch for Blue H Update emails from Blue H Program Manager.
- Be sure to complete each tab as events and challenges are completed.
- Review available resources for health information related to your command.
- Have fun!

Nov-Dec: Prepare Blue H Submission

- Ensure all events have been documented properly.
- Review all tabs and ensure each is completed to ensure command gets all points earned.

Dec-Jan: Submit for Blue H

- Early submission is Dec 15-31.
- Standard submission is 1-31 Jan of the following year.
- Submit completed POA as directed by Blue H Program Manager.
- When announcement is available, be sure to celebrate and let your command know. This award is for everyone and all benefit from the efforts made.

6. Standards

For each criterion, a minimal "pass" standard has been adopted. These thresholds were developed by a working group hosted by NMCFHPC and are intended to be challenging but achievable. Commands are awarded points for achieving or exceeding these standards.



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If a criterion is not applicable to a command, that command will be awarded the maximum number of points for that criterion.

a. **BRONZE ANCHOR**

Every organization that submits a report will receive at least the BRONZE ANCHOR level award. Minimum points required is 10 which is easily obtained through completing the Overview & Evaluation tab in POA. Blank POAs will not be awarded.

b. **SILVER EAGLE**

To achieve the SILVER EAGLE level award, the following are required:

- NON-MEDICAL facilities: 31 points.
- MEDICAL facilities: 35 points.
- Everyone needs cumulative 60 days of challenges.

c. **GOLD STAR**

To achieve the GOLD STAR level award, the following are required:

- NON-MEDICAL facilities: 49 points.
- MEDICAL facilities: 56 points.
- Everyone needs cumulative 90 days of challenges.

7. Submission Process

When to submit your application: As stated above, early submission is Dec 15-31, and standard submission is 1-31 Jan of the following year. Requests for an extension of this due date may be granted but must be requested via email before the due date: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-blue-h-manager@groups.health.mil

How to Submit Your Application

- a. Review all tabs in POA and ensure all is correct. Include two or more people with at least six months left at command on the Stakeholder tab so someone is available if part of your submission is unclear. If questions go unanswered, it could mean your command does not get the award.
- b. Naming convention for files is command acronym, award, and year. Examples: NMCPHC.BlueH.2024, USSHero.BlueH.2024. Our process saves the file before we can open it. If left with the original name, it will be copied over by the next command who also does not properly name their files.



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- c. Send to activity head for signature. This could be Officer in Charge, Commanding Officer, Commander, etc. This is an award for the whole command not any one department. Those with “By direction” authority are also authorized.
- d. Navy and Marine Corps Commands: Email your completed, properly named, and signed POA to the group email address: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-blue-h-manager@groups.health.mil. This Navy email goes to several people and will be available into the future.
- e. DHA Commands: If you have an email that ends in @health.mil, you will be able to access the Defense Health Agency SharePoint site. Upload your documents to <https://militaryhealth.sharepoint-mil.us/teams/WarfighterWellness278/SitePages/Plan-of-Action.aspx>. Easiest way is to click and drag the document in.
- f. Award submission completed reviews and potential awards notifications will be sent by Blue H Program Manager. Reviews are completed “first come, first served”.

8. Quality Assurance Process

The Blue H Award Manager will forward the list of the Blue H Award applicants on to the Quality Assurance (QA) committee. A random selection of 10% Silver and 15% Gold Level submissions will be reviewed. In instances where the QA committee is unable to verify the points taken, the point of contact listed in the application will be contacted and given the opportunity to clarify and submit additional information.

9. Notes about the electronic Personal Health Assessment (ePHA)

- a. Personal health assessments are important in finding what behaviors your staff is stating in the evaluations they complete during physical readiness testing. The Wellness and Readiness link on the POA allows you to look up your UIC and see how the answers relate to risk behavior.
- b. If no one from your command has completed an ePHA, there will be no report. This could be for several reasons: mistyped UICs, no access to electronic version, etc.
- c. No points are awarded for ePHA completion or the results. It is valid to leave this section blank.

10. Additional Information

For more information, please contact the Blue H Program Manager Team at: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-blue-h-manager@groups.health.mil

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