



YOU SERVE. WE PROTECT.

Health Promotion and Wellness

HPW Policies and Instructions

Updated January 2019



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE

Contents

General HPW Policy	1
Marine Corps Semper Fit	1
Headquarter, Command Specific, and Installation Policies and Guidance	2
Medical Home Port	2
Surveillance, Assessment, and Readiness.....	3
Active Living/Physical Fitness	3
Psychological Health	4
Tobacco Use and Tobacco Programming	5
ShipShape Weight Management Program	5
Sexual Health	5
Drug Abuse and Excessive Alcohol Use	7
Sexual Assault and Harassment	10

General HPW Policy

Title	Subject	Description	Date Issued
DoD Instruction 1010.10	Health Promotion and Disease Prevention	To establish policy and assign responsibilities for health promotion and disease prevention.	12 Jul 17
OPNAV Instruction 6100.2A *Currently Under Revision*	Health and Wellness Promotion Program	To update the comprehensive Navy Health and Wellness Promotion Program that improves and sustains military readiness by focusing on health, fitness, and quality of life for Sailors, DOD personnel, and other beneficiaries.	15 Mar 07
BUMED Instruction 6110.13B	Navy Medical Department Health Promotion and Wellness Program	To provide policy and guidance for Navy Medicine's roles and responsibilities in the United States (U.S.) Navy's Health Promotion and Wellness Program.	02 Apr 18

Marine Corps Semper Fit

Title	Subject	Description	Date Issued
Marine Corps Order 1700.29	Semper Fit Fitness and Health Promotion Policy	To provide updated policy and procedural guidance for the safe and effective management of Semper Fit Fitness and Health Promotion programs inherent to installations.	08 Jan 13

Headquarter, Command Specific, and Installation Policies and Guidance

For informational purposes or examples.

Title	Subject	Description	Date Issued
COMNAVSURFPACINS I 6100.1/COMNAVSURFLANTINST 6100.1	Force Health and Wellness Unit Award (Green "H")	To enhance battle readiness by promoting the health, fitness and mental well-being of active duty Sailors assigned to the Commander, Naval Surface Force, U.S. Pacific Fleet (CNSP) and Commander, Naval Surface Force Atlantic (CNSL) to encourage participation in health promotion activities; and to provide formal recognition to surface ships that have excelled in establishing and promoting a command conducive to health promotion.	25 Sep 12
COMNAVSURFPACINS T 5100.13/COMNAVSURFLANTINST 5100.13	Tobacco Control Policy for COMNAVSURFPAC/COMNAVSURFLANT Commands	Establishes policy and provides guidance to address the use of tobacco products aboard all Naval Surface Force platforms.	19 Sep 12

Medical Home Port

Title	Subject	Description	Date Issued
BUMED Instruction 6300.19	Primary Care Services in Navy Medicine	To implement a new model of patient and family-centered health care delivery for primary care that is team-based, comprehensive, and designed to fully meet the complete primary care health and wellness needs of our patients.	26 May 10

Surveillance, Assessment, and Readiness

Title	Subject	Description	Date Issued
SECNAV Instruction 6120.3 Ch.1	Periodic Health Assessment for Individual Medical Readiness	HIV testing, FMCHRA, health risk prevention counseling to include health promotion and clinical preventive services screening recommendations and counseling, family planning, emergency contraception, birth control options, HIV infection and protection information, medication and supplement use.	1 Dec 09
BUMED Instruction 6220.12C	Medical Surveillance and Notifiable Event Reporting	To define Department of the Navy (DON) policy and guidance for medical surveillance and medical event reporting.	27 Sep 11

Active Living/Physical Fitness

Title	Subject	Description	Date Issued
DoD Directive 1308.1	DoD Physical Fitness and Body Fat Program	Update policy governing physical fitness and body fat standards in the Armed Forces. Formalizes the responsibilities of the DoD Components regarding the coordination and support of physical fitness and body fat programs within the Military Services.	30 June 04
DoD Directive 1308.2	Joint DoD Committee on Fitness	Formalized the functions and responsibilities of the Joint DoD Committee on Fitness regarding the coordination and support of fitness programs within the Military Services.	04 Feb 05
OPNAV Instruction 6110.1J	Physical Readiness Program	To establish policy and requirements for Navy's Physical Readiness Program	11 July 11

		to ensure both Active Component (AC) and Reserve Component (RC) personnel maintain a level of physical fitness required to support overall mission readiness.	
NAVADMIN 141/17	Physical Readiness Program Policy Changes	Outlines new policies and initiatives to the Physical Readiness Program and continues our efforts to strike a better balance between physical readiness and mission accomplishment while reducing administrative distractions.	20 June 2017
NAVADMIN 233/15	Physical Readiness Program Policy Changes Update 1: Enlisted Policies (Corrected Copy)	Details the changes to physical readiness policies for enlisted personnel.	Oct 15
NAVADMIN 216/15	Cyber Hygiene Authorization to Use Personal Wearable Fitness Devices (e.g. Fitbit, Jawbone Up etc.) in Navy Spaces	Personal Wearable Fitness Devices (PWFD) are hereby authorized in Navy spaces.	Sep 15
NAVADMIN 178/15	Physical Readiness Program Policy Changes	Enumerates changes to the Physical Readiness Program (PRP).	Aug 15
BUMED 6110.15A	Medical Department Responsibilities for the Physical Readiness Program	To assign responsibility for Navy Medicine personnel in support of OPNAV 6110.1J.	18 Sep 2018

Psychological Health

Title	Subject	Description	Date Issued
OPNAV Instruction 1720.4A	Suicide Prevention Program	To provide policy, procedures, and assign responsibilities for the Navy's Suicide Prevention Program.	04 Aug 09

Tobacco Use and Tobacco Programming

Title	Subject	Description	Date Issued
SECNAV Instruction 5100.13E *Currently Under Revision*	Navy and Marine Corps Tobacco Policy	To provide policy and program guidance for the control and reduction of tobacco use within the Department of the Navy (DON).	31 Jul 08
BUMED Instruction 6200.12A *Currently Under Revision*	Comprehensive Tobacco Control for Navy Medicine	To provide guidance governing tobacco use (to include smoked, smokeless, and electronic nicotine delivery devices) and tobacco cessation (TC) services within Navy Medicine.	04 Dec 12

ShipShape Weight Management Program

Title	Subject	Description	Date Issued
BUMED Instruction 6110.16 *Currently Under Revision*	Medical Department Responsibilities for ShipShape Program	To assign responsibility for Navy Medicine personnel supporting the Navy's ShipShape Weight Management Program.	22 Oct 12

Sexual Health

Title	Subject	Description	Date Issued
DoD Instruction 6485.01	Human Immunodeficiency Virus (HIV) in Military Service Members	Establish policy, assign responsibilities, and prescribe procedures for the identification, surveillance, and management of members of the Military Service infected with HIV and for prevention activities to control transmission of HIV.	07 Jun 13
DHA-IPM 16-003	Interim Procedures Memorandum (IPM) 16-003, "Clinical Practice Guidelines for	This DHA-IPM establishes that the Defense Department shall adopt the Centers for Disease Control and Prevention (CDC) "U.S.	20 Dec 16

		adoption of an infant/child and single male servicemen as parents.	
BUMED Instruction 6222.10C	Prevention and Management of Sexually Transmitted Diseases	To provide current guidelines for the treatment and prevention of sexually transmitted diseases (STDs).	12 Feb 09
Sexual Risk Assessment in Primary Care; BUMED Letter	Sexual Risk Assessment	Advocates sexual risk assessment of all adult and adolescent patients	30 Nov 07
DHA IPM 18-020	Guidance for the Provision of Human Immunodeficiency Virus (HIV) Pre-Exposure Prophylaxis (PrEP) for Persons at High Risk of Acquiring HIV Infection	Establishes the Military Health System,s (MHS) guidance for the provision of HIV PrEP for persons at high risk of HIV acquisition (ACQ), describes elements and resources required to implement an HIV PrEP program.	08 ov 18
BUMED 6710: Access to Emergency Contraception	Prescribing, Dispensing, and Distribution of Plan B One-Step Emergency Contraceptive	Establishes guidance on procedures for prescribing, dispensing, and distributing Plan B One-Step, and equivalent levonorgestrel 1.5 mg tablet formulations, per FDA approval for dispensing without a prescription and without age limitations.	24 Apr 14
BUMED NOTICE 6230	Recommendations for the use of quadrivalent and bivalent Human Papilloma Virus Vaccines in the Navy and Marine Corps	To establish Navy Medicine policy regarding the use of the human papilloma virus (HPV) vaccines in the Navy and Marine Corps.	12 Dec 12

Drug Abuse and Excessive Alcohol Use

Title	Subject	Description	Date Issued
DoD Instruction 1010.01	Military Personnel Drug Abuse Testing Program (MPDATP)	Updates established policy and assigned responsibilities of the MPDATP.	13 Sep 12
DoD Instruction 1010.04	Problematic Substance Use by DoD Personnel	Establishes policies, assigns responsibilities, and	20 Feb 14

		prescribes procedures for problematic alcohol and drug use prevention, identification, diagnosis, and treatment for DoD military and civilian personnel.	
DoD Instruction 1010.09	DoD Civilian Employee Drug-Free Workplace Program	Establishes policy, assigns responsibilities, and prescribes procedures for establishing and maintaining a drug-free workplace program, including requirement of illegal drug use testing for Federal civilian personnel.	22 Jun 12
SECNAV Instruction 5300.28E	Military Substance Abuse Prevention and Control	To establish policies and procedures for the prevention and control of alcohol and drug abuse within the Department of the Navy (DON) and to establish responsibility for their execution; and to establish DON policies to prevent, control, and document incidents of impaired driving.	23 May 11
OPNAV Instruction 5350.4D	Navy Alcohol and Drug Abuse Prevention Program	To provide comprehensive alcohol and other drug abuse prevention and control policy and procedures for all Navy military personnel and establish regulations to enforce that policy. To assign responsibilities for a unified Navy Alcohol and Drug Abuse Prevention (NADAP) Program.	04 Jun 09

<p>OPNAV Instruction 5350.8</p>	<p>Use of Hand-Held Alcohol Detection Devices</p>	<p>To establish policies and procedures for the use of hand-held alcohol detection devices (ADD) to promote safety, education and training.</p>	<p>22 Jan 13</p>
<p>SECNAV Instruction 5355.3</p>	<p>Drug Education For Youth (DEFY) Program</p>	<p>To implement the Drug Education for Youth (DEFY) Program within the Department of the Navy and establish responsibility for program execution within DON.</p>	<p>16 Oct 07</p>
<p>OPNAV Instruction 5355.3C</p>	<p>Submarine and Naval Nuclear Propulsion Program Alcohol and Drug Abuse Prevention and Control Policy</p>	<p>To revise procedures for the disposition of submarine and nuclear trained personnel identified as drug abusers or as alcohol dependent and to supplement guidance.</p>	<p>14 Nov 13</p>
<p>NAVADMIN 334/13</p>	<p>Inclusion of Synthetic Cannabinoids to the Standard Drug Testing Panel - Program Guidance</p>	<p>Announces navy drug screening labs (NDSL) will add synthetic cannabinoids (SC), also referred to as "spice", "K-2", or "herbal incense", to the standard testing panel for urinalysis samples submitted for testing.</p>	<p>Dec 13</p>
<p>NAVADMIN130/12</p>	<p>Notification of Drug Testing Program Revision - Additional Controlled Prescription Drugs</p>	<p>Navy drug screening labs will add two more commonly abused prescription drugs to the standard testing panel for all urinalysis samples submitted for testing. The prescription drug families tested will now include benzodiazepines and hydrocodones (e.g. xanax, vicodin).</p>	<p>Apr 12</p>

NAVADMIN 082/12	Implementation of Urinalysis Testing for Synthetic Compounds	The Navy will begin testing of urine samples for synthetic chemical compounds such as spice.	Mar 12
NAVADMIN 108/10	Drug Abuse Zero Tolerance Policy and Prohibition on Possession of Certain Substances	This Navadmin reemphasizes navy policy on drug abuse and prohibits possession of the substances designated in para 5.	Mar 10
BUMED 5350.4A	Navy Medicine Alcohol and Drug Prevention Program	To establish and publicize policies and procedures for the Navy Medicine (NAVMED) Alcohol and Drug Abuse Prevention Program.	26 Aug 15

Sexual Assault and Harassment

Title	Subject	Description	Date Issued
OPNAV 1752.1C	Navy Sexual Assault Prevention and Response Program	To issue policies and standards to aid in the prevention of sexual assault throughout the Navy, provide support to victims, define requirements, and assign responsibility for implementation of the Navy Sexual Assault Prevention and Response (SAPR) Program.	13 Aug 15
SECNAV 1752.4C	Sexual Assault Prevention and Response	Updates policy and procedural guidance for the Department of the Navy (DON) Sexual Assault Prevention and Response (SAPR) Program.	10 Aug 18
OPNAV 5300.13	Navy Sexual Harassment Prevention and Response Program	To issue policies and standards to aid in the prevention and response of sexual harassment throughout the Navy, define	24 Jul 17

		requirements, and assign responsibility for implementation of the Navy Sexual Harassment Prevention and Response Program	
SECNAV 5300.26D	Department of the Navy (DON) Policy on Sexual Harassment	To provide a comprehensive Department of the Navy (DON) policy for all military and civilian personnel on the identification, prevention, and elimination of sexual harassment and to establish regulations to enforce that policy.	03 Jan 06