



READINESS AND DEPLOYMENT UPDATES

April 2023
Volume 19

PERIODIC HEALTH UPDATE (PHU) AND BASIC LIFE SUPPORT (BLS) UPDATED REQUIREMENTS (CCI 241.01),

Don't

Rely on American Heart Association ACLS certification for BLS readiness alone

Do


Medical exam within 2 months of birthday month





<https://www.usphs.gov/about-us>


Bookmark


- [Readiness and Duty Requirements \(CCI 241.01\)](#)

 BLS courses: AHA Basic Life Support for health care providers or Resuscitation Quality Improvement; American Red Cross CPR/AED for the professional rescuer; American Safety & Health Institute CPR & AED for healthcare providers & professional responders.

 PHU rejection criteria: Physical examinations more than two months before your birth month; Virtual PHUs unless approved by MAB at PHSMACCHQ@hhs.gov.

 Dental rejection criteria: Dental examinations that were done more than one year prior to your birth month.

 PHUs must contain height, weight and taping measurements, if Body Mass Index (BMI) exceeds 27.5 kg/m2 (taping exception: active pregnancy waiver).

 Officers do not need to explain positive responses for medical issues that occurred prior to their last PHU.

This newsletter is for informational purposes only and does not reflect official views of the United States Public Health Service Commissioned Corps or USPHS leadership.



WHAT'S NEW? HELPFUL TIPS FOR OFFICERS

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Test your knowledge.

1. According to CCI 241.01, the AHA Advanced Cardiac Life Support course fulfills the BLS readiness requirement.
 - a) True
 - b) False
2. True or False: Officers with a Body Mass Index (BMI) below 27.5 kg/m² are required to provide taping measurements.
 - a) True
 - b) False
3. True or False: If an officer's birthday is May 28th, then a medical exam conducted on Feb 28th is acceptable for their PHU.
 - a) True
 - b) False
4. True or False: Officers can provide results from a dental exam that occurred within the 12 months preceding their birthday month for the PHU.
 - a) True
 - b) False



- [Readiness and Duty Requirements \(CCI 241.01\)](#)

Keep your finger on the pulse, check for policy updates at [Commissioned Corps Management Information System \(psc.gov\)](#) Maintain your contact information in [Officer Secure Area](#), using RDB - Self-Service tab.

Magnify
for
answers



Policy Awareness and Notification (PAN)

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PAN Mission: Provide policy guidance and support to the JOAG Policy and Procedures Committee Chair and updates to all junior officers.

The PAN Subcommittee is under the direction of JOAG's Policy and Procedures Committee (Co-Chairs: LCDR Michael Wandersee & LCDR Caroline Schrodt)