



MEDICAL READINESS COMMAND, EAST

OFFICE OF THE INSPECTOR GENERAL



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MEDICAL READINESS COMMAND, EAST Command Inspector General

Signs of spring are popping up everywhere here in the National Capital Region. The cherry blossoms are in bloom, school spring breaks are about to begin, and the Washington Nationals held their opening day game against the Atlanta Braves (unfortunately with a 7-2 loss). For many Soldiers, this begins a time for Permanent Change of Station (PCS) moves and units hold change of command ceremonies, saying farewell to outgoing Commanders and welcoming in new leadership. Your IG office will be busy assisting Soldiers with transition concerns and reminding new command teams of time sensitive actions to complete, like command climate surveys and change of command inventories. You can assist by being a good sponsor to an inbound Soldier and by ensuring there are no errors in your hand receipt for your government property. Doing your part in time of transition will help to build a winning team, ensuring we don't lose on our home opener. In this issue, we highlight guidance regarding the Army Body Composition Program (ABCP), the Military Parental Leave Program, (TDY) planning, and then add articles stressing the importance of Army Health Medicine and understanding and communicating different types of boundaries. Enjoy!

Guidance for Conducting Confirmatory Body Fat Percent Assessment for the Army Body Composition Program (ABCP)

On 12 January 2023, the Office of the Deputy Chief of Staff, G1 released MILPER Message Number 23-017, updating the Guidance for Conducting Confirmatory Body Fat Percent Assessment for the Army Body Composition Program (ABCP). This MILPER clarifies guidance for commanders when a Soldier fails to meet body fat standards during the 12-month period following removal from the ABCP.

Effective immediately:

- Soldiers that do not meet ABCP standards for body fat circumference, a confirmatory body fat percent assessment is completed immediately
- The confirmatory assessment will be completed by a different team than the initial assessment
- Commanders will ensure units have an adequate number of trained personnel certified as specified in AR 600-9 so that confirmatory assessments are conducted immediately after the initial assessments
- Confirmatory assessments will be conducted after any failures of a body fat percent assessment regardless of the Soldier's status within the ABCP
- Per AR 635-200 Chapter 18-2(3) if a Soldier fails the body fat standards during the 12-month period following removal from the ABCP, commanders are directed to initiate separation proceedings; however, AR 600-9 is the authoritative regulation and per Chapter 3-14 allows commanders the choice to initiate a separation action, bar to continue service, or transfer to the IRR per paragraph 3-12d
- DoD Civilians are authorized to conduct an assessment for Soldiers in remote locations and/or do not have access to Army uniformed personnel to conduct an assessment
- DoD civilians must be trained and certified to the same standard as specified in AR 600-9, paragraph 2-16b(1) and/or 2-17a(1)



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Reference:

- MILPER Message 23-017 Guidance for Conducting Confirmatory Body Fat Percent Assessment for the Army Body Composition Program AR 600-9 The Body Composition Program
- AR 635-200 Active Duty Enlisted Administrative Separation

Guidance for Conducting Confirmatory Body Fat Percent Assessment for the Army Body Composition Program (ABCP) (continued)

Command designated NCOs

A master fitness trainer (MFT) will train designated unit NCOs in proper height, weight, and body circumference methodology to assess body fat composition. The MFT will provide a memorandum of record regarding completion of training.

In the absence of a MFT, the Army Wellness Center (AWC) or health promotion resources will deliver training to command designated fitness NCOs in proper height, weight, and body circumference methodology to assess body fat composition. They will also provide a memorandum of record documenting completion of training for unit files certifying the training.

Required actions when exceeding the body fat standard

1. Notification counseling:

- Commanders will flag Soldier within 3 working days. Counsel/notify and enroll in ABCP within 2 working days of DA Form 268. Effective date is the date of noncompliance
- Commanders will place DA Form 268 in record suspending favorable actions
- Soldier must acknowledge enrollment in the ABCP within 2 days of notification of enrollment
- Soldier must read the U.S. Army Public Health Center Technical Guide 358
- Soldier must participate in monthly ABCP assessments to document progress
- Soldier must demonstrate progress
- Soldier may request education and coaching
- Soldier may request a medical examination if believed there is an underlying medical condition

2. Soldier Action Plan:

- The Soldier will respond to the commander with a Soldier Action Plan within 14 days of the notification counseling

3. Nutrition counseling:

- Soldier has 30 days after enrollment to meet with a dietitian to receive counseling



THE IG UPDATE



March 2023

IG Update: Guidance on Expansion of the Military Parental Leave Program Implementation (ALARACT 007-2023)

On 31 January 2023, the Army released ALARACT 007/2023, which provides Soldiers (as defined in key terms) and Families greater flexibility and extended time with dependent children. Per the ALARACT, Soldiers are authorized 12 weeks of parental leave for birth/adoption/long-term foster care placement occurring on or after 27 December 2022.

The following applies to each sub-set of parents.

Birth parents:

- Deferred or excused for 365 days after the birth of their child from all continuous duty events that are in excess of 1 normal duty day/shift (e.g., deployment, mobilization, field training, combat training center program rotations, collective training events away from home station, pre-mobilization training, unit training assembly away from home station, TDY, etc.)
- Authorized 12 weeks of parental leave in addition to and following maternity convalescent leave during the 1-year period beginning on the date of birth of child.

Non-birth parents/adoption/foster-care/surrogacy:

- Authorized 12 weeks of parental leave either taken in whole or taken in increments during the 1-year period beginning on the date of birth of child/date of adoption/date of placement (adoption/long-term foster care)
- Should expect to deploy with their units.

Taking leave:

- Soldiers may take parental leave in one continuous period or in increments consistent with operational requirements.
- Soldiers can take ordinary leave in between increments of or consecutively with parental leave.

- Soldiers choosing to take parental leave in more than one increment must request proposed leave in blocks of at least 7 days each for a max of 12 increments.

Deferring leave: operationally deployed Soldiers must normally defer parental leave until completion of deployment.

However, unit commanders may approve parental leave if he/she determines it doesn't impact unit readiness. Soldiers who defer leave because of deployment may be authorized an extension of the 1-year parental leave period.

Extension of leave: authorized if Soldiers lose unused parental leave (after the 1-year period) because of deployment/military exercise (consecutively more than 90 days), attendance at an in-residence PME course (consecutively more than 90 days), execution of PCS orders with TDY en route to new permanent duty station (consecutively more than 90 days) that would interfere with taking parental leave.

Unused leave: Soldiers forfeit any amount of unused parental leave remaining at the expiration of the 1-year period (unless extension applies); at the time of separation from active service; termination of placement for adoption/long-term foster care.

Stillbirth/miscarriage: Birth parent/spouse not authorized parental leave. DoD Health care provider may recommend convalescent leave.

References:

Directive-type memorandum 23-001 (Expansion of the Military Parental Leave Program)
AD 2022-06 (Parenthood, Pregnancy, and Postpartum)
AR 600-8-10 (Army Leaves and Passes)

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Key Terms

Soldier: Active-duty as well as reserve Soldiers on active-duty orders for 12 months or longer.
Child: newborn, adopted minor child, or minor child placed for adoption or long-term foster care (minimum 24 months)
Birth parent: Soldier who gives birth.
Convalescent leave: a period of authorized absence granted to Soldiers under medical care, which is part of prescribed treatment for recuperation and convalescence.



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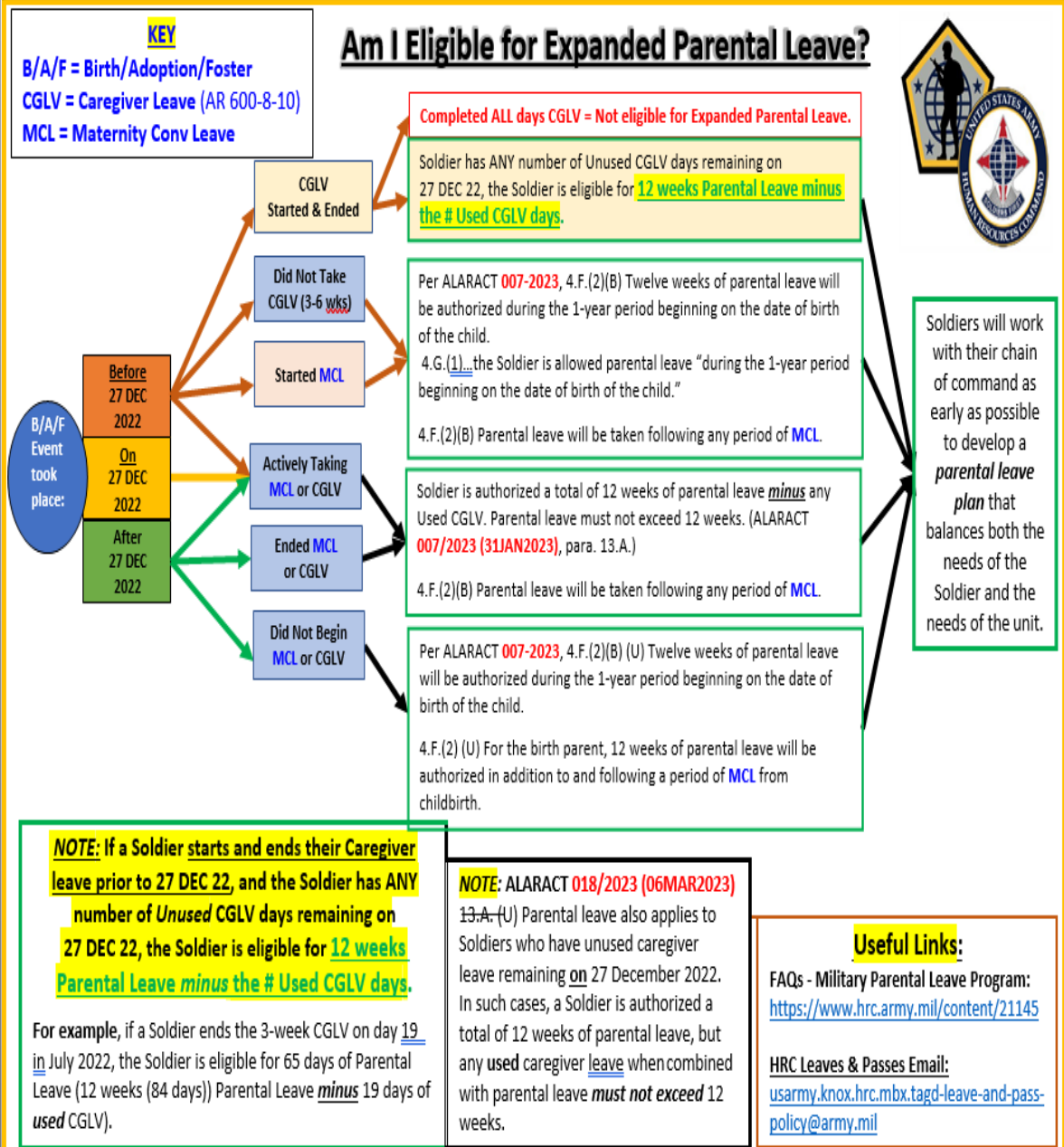
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Frequently Asked Questions: Military Parental Leave

Reference:

- <https://www.hrc.army.mil/content/21145>
- ALARACT 018/2023 (6MAR2023)



Updated: 6 March 2023



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Medical Readiness Command, East Judge Advocate

When Planning TDY

LTC Joshua L. Kessler

When planning your travel to and from the air terminal, you should be cognizant that DoD-owned or controlled transportation resources may only be used for official purposes. "Official" is defined as "essential to the successful completion of a DoD function, activity, or operation," and "consistent with the purpose for which the vehicle was acquired." Only a commander, or designee, can make a determination whether such travel is or is not official. There are no exceptions to this general rule based solely on rank, position, prestige, or personal convenience.

Reference

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Nontactical vehicles (NTVs) may be used for trips between domiciles or places of employment and commercial or military terminals only when at least one of the following conditions is met: (a) used to transport official non-DoD visitors invited to participate in DoD activities, provided that the use does not impede other mission activities; (b) used by individuals authorized domicile-to-duty transportation, for example: Secretary of the Army or the Chief of Staff, Army; (c) necessary because of emergency situations or to meet security requirements; (d) terminals are located where other means of transportation are not available or cannot meet mission requirements in a responsive manner; and/or Authorized in the National Capital Region by Administrative Instruction 109 (for the National Capital Region, DoD determined that public and commercial transportation to air terminals is adequate and prohibits the use of DoD motor vehicles for such transportation except under unusual circumstances (emergencies, security)).

Misuse of an NTV can result in adverse administrative and/or punitive action. To ensure that your travel to the airport complies with applicable law and policy, you should contact your servicing legal counsel at least one or two weeks prior to your trip.



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Dental Health Command – Atlantic

Importance of Army Health Medicine

MSG Julie Morris

The Army's mission is to win our Nation's wars. All Soldiers must remain medically ready. Army Medicine leaders have a responsibility to ensure a ready medical force. Army dental Officers and Enlisted Soldiers play an integral role in Army Medicine. Army Dentists ensure Soldiers, in garrison and combat environments, are medically ready to deploy and fight tonight. Dental readiness classes range from 1-4. Soldiers in class 3 have oral conditions that, if left untreated, will result in a dental emergency within 12 months. Soldiers in class 4 have an unknown dental classification. Both classes impact readiness and diminish combat power since Soldiers are categorized as non-deployable.

The thought of needing a root canal is unnerving. Here are a few tips that target the root of many oral issues. Cavities are a preventable disease. Tobacco and excessive consumption of sugary beverages result in detrimental long-term impressions. Brushing teeth twice per day and daily flossing are key practices to preclude diseases and remain aseptic. Consider drinking fluoridated water and using fluorinated toothpaste as part of your oral healthcare routine. Soldiers must maximize and prioritize oral healthcare to keep fit and deployable. Just like a good motor sergeant uses a PMCS schedule to maintain his/her tactical vehicle, Soldiers must also PMCS their mouth. Are you combat ready?

Understanding and Communicating Different Types of Boundaries

From the Army Resilience Directorate:

"Boundaries mark the limits of what we are and are not comfortable with. Boundaries are important because they protect us, our identities, our well-being, and help to strengthen relationships. Below are examples of different types of boundaries and how they can be communicated.

Physical boundaries refer to your personal space and physical touch, and can sound like:

- "I like my personal space and you are crowding me"
- "I'm tired and would like to relax right now"
- "No-I don't want you to touch like that"
- "I don't like to be hugged"
- "I don't appreciate when you go into my room without asking first"

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Understanding and Communicating Different Types of Boundaries (continued)

From the Army Resilience Directorate:

Emotional boundaries involve your feelings and whether you want to share personal information and can sound like:

- "I need quiet time to myself everyday"
- "I don't feel comfortable discussing that right now"
- "I'm having a really hard time. Are you available to talk right now?"
- "I'm not in a good space to discuss that right now. Can we circle back to this topic later?"

Material boundaries refer to your finances, possessions, and how much you are willing to share, and can sound like:

- "I don't feel comfortable paying for that"
- "No-I don't want to give you that"
- "Here is what I am willing to pay for..."
- "You may borrow my car for two hours and then I need it back"
- "I'll pay for half the costs"

Time boundaries involve how you want to spend your time, and can sound like:

- "I want to spend time with my friends (or) family on the weekends"
- "I can't come to the event next weekend"
- "I'm happy to help with that. I charge this much per hour..."
- "I'd love to join but will only be able to attend for an hour"
- "I don't work on weekends, but would love to address that on Monday"

Digital boundaries refer to how you want to interact with social media and technology. Digital boundaries can sound like:

- "I'm cool with following each other on social media, but not with sharing passwords"
- "I'm not comfortable with you reading my personal messages"
- "This is when I'm okay with you using my device"
- "I don't want to discuss this through text"
- "Please ask for my permission before you post a photo of me"

Whatever your boundaries are, remember to **set, communicate, and stick to**. Set your boundary by identifying what you're comfortable with and not comfortable with. Communicate your boundary when it is violated by someone. Lastly, feelings of guilt and selfishness are common when we set boundaries with those we love but stick to your boundaries to help you build a stronger relationship in the long run."

Reference:

- <https://www.milsuite.mil/book/docs/DOC-1013205>

Additional Resources

- ARD Setting Boundaries – Video
- ARD Setting Boundaries – Infographic
- "What are my boundaries? from the "love is respect" project.
- Link: <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>