1.) Navy Launches New Electronic Enlisted Advancement Worksheets / 3 JAN 19
USNI News, Ben Werner
https://news.usni.org/2019/01/03/40068

Starting this month, the Navy is replacing paper versions of the EAW with an electronic automated process that will become part of the Navy Standard Integrated Personnel System (NSIPS). The new electronic versions of the EAWs will include the advancement eligibility factors for all Petty Officer (E-4 through E-6) candidates and Petty Officers trying to become Chief Petty Officers (E-7), according to the recently updated policy.

2.) New Navy PT gear is here — what you need to know! / 3 JAN 19
Navy Times, Mark D. Faram

The new PT uniform plan was approved by Chief of Naval Operations, Adm. John Richardson in mid-2018 and exchanges began retailing the high-performance version last month. For now, it’s called the “Optional Physical Training Uniform” — or OPTU — and sailors who buy the upgrade can wear this combination instead of the traditional yellow-gold shirt and the older style of pants.

3.) A New You for the New Year / 2 JAN 19
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To sign up for the @USNPeople Weekly Wire, email usnpeople.fct@navy.mil, or find it online at www.navy.mil/cnp
Roughly a third of active duty sailors will be part of a pilot program testing the Navy’s new system intended to cut down on paperwork and errors associated with the Enlisted Advancement Worksheets (EAW).

Starting this month, the Navy is replacing paper versions of the EAW with an electronic automated process that will become part of the Navy Standard Integrated Personnel System (NSIPS). The new electronic versions of the EAWs will include the advancement eligibility factors for all Petty Officer (E-4 through E-6) candidates and Petty Officers trying to become Chief Petty Officers (E-7), according to the recently updated policy.

During the upcoming Spring advancement cycle, about 100,000 enlisted personnel will be eligible to take the Petty Officer and Chief exams. As of Dec. 17, there were 270,666 active duty enlisted sailors, according to the Navy.

The new electronic worksheet and automated process is part of a larger personnel system modernization process, according to a February written statement submitted by Chief of Naval Personnel Vice Adm. Robert Burke to the Senate Armed Services subcommittee on personnel.

Educational services officers (ESO) for each command are required to submit a completed EAW for every sailor planning to participate in the Navy-wide advancement examinations that are part of the Petty Officer promotion process and the process for being considered for Chief Petty Officer.

The worksheets include a sailor’s advancement eligibility factors and point values for elements of final multiple scores, which assigns point values to performance mark averages (PMA) – command promotion recommendations – and other earned awards and commendations, according to a Navy fact sheet.

“The change from paper to electronic advancement worksheets will not only make it easier for sailors and ESOS, but it will help eliminate many of the common errors that traditionally hampered the advancement cycle processes. This is a significant modernization effort that will surely be a value-added improvement for the Navy,” Capt. Kertreck Brooks, the commanding officer of the Naval Education and Training Professional Development Center, said in a September project update on the impending changes.

The automated process is designed to generate worksheets populated with data for time-in-rate eligible sailors; route worksheets to authorized personnel for review, updates, signatures; send worksheets to the Navy Enlisted Advancement System (NEAS) which calculates each eligible sailor’s Final Multiple Score (FMS).

The pilot program is testing the online connectivity for commands and the ability of sailors to access the electronic versions of their worksheets. Once fully implemented, the electronic forms will automatically populate a sailor’s exam PMA and award points, according to the new guidance.

The following is the Navy release detailing the new electronic Enlisted Advancement Worksheet.

PENSACOLA, Fla. (NNS) — Paper versions of the Navy’s Enlisted Advancement Worksheet (EAW) will soon be a relic of the past as hard copy worksheets transition to an electronic automated process, becoming part of the Navy Standard Integrated Personnel System (NSIPS).

Detailed in NAVADMIN 316/18, released Dec. 27, the EAW transition will leverage authoritative data with a display of advancement eligibility factors for all E-4 through E-7 candidates.
“This new Sailor 2025 Pay and Personnel System Modernization effort gives Sailors better control over their EAW and provides commands with a more efficient way to validate Navy Enlisted Advancement System (NEAS) requirements,” said Master Chief Personnel Specialist Anton Fitz, enlisted advancement planner for the Office of the Chief of Naval Operations (N132). “Sailors will have the ability to view their EAW months before the exam, providing additional time for corrections, if needed.”

The EAW update will begin with a pilot program from Jan. to Mar. 2019, including Reserve advancement cycle 104 and Active Duty advancement cycle 243. The pilot will verify command worksheet validation processes using the new online capability and ensure that connectivity and manual processes support EAW requirements.

“During the EAW pilot phase, the electronic form in NSIPS can be printed and used for the manual worksheet process,” said Naval Education and Training Professional Development Center (NETPDC) Command Master Chief Gregory Prichard. “Initially, no data will be transferred from the EAW to NEAS and no discrepancies will be rectified – we are primarily seeking feedback and will gradually integrate changes and full EAW functionality for subsequent cycles.”

Commands with NSIPS Web access should set up their command EAW hierarchy by Jan. 15 in preparation for full Fleet utilization, scheduled for Jun. 2019. Training modules for the new EAW are posted on the NSIPS main page, beneath the training section. Tutorials include topics associated with user roles and detailed procedures to perform various EAW tasks.

Sailors will be able to access their EAW and post-exam administrative comments through the MyNavy Portal (MNP) Advancement Dashboard in 2019, as MNP enhancements are released.

“Once EAW is fully operational, there will no longer be a requirement for Sailors to enter their Performance Mark Average (PMA) and awards points on their exam answer sheet during the exam,” said Prichard. “Their PMA and award points will now be system calculated and transferred from their EAW into NEAS along with other advancement cycle data.”

The individual Sailors’ user role is to review their worksheet data, enter comments, upload necessary supporting documents, sign, and maintain awareness of worksheet status through the advancement cycle up to the exam. Sailors can also route post-exam administrative comments to their command Education Services Officer (ESO).

ESOs have the execution role that creates, routes and validates eligible Sailors’ worksheets. This role has full functionality to manually enter and change data, upload documents, enter comments, route, resolve discrepancies, close and digitally sign worksheets.

Additional details on the pilot program, command and other user roles and responsibilities can be found in NAVADMIN 316/18 and at http://www.public.navy.mil/bupers-npc/career/enlistedcareeradmin/Advancement/Pages/EAW.aspx.

Sailors can access NSIPS at https://nsipsprod-sdni.nmci.navy.mil/
The days of the Navy’s bright yellow physical training uniform shirt and shorts — in service for about a decade — are numbered.

The duds will be replaced by a unisex-sized combination outfit of blue pants and shirt resplendent with updated Navy logos. They’ll eventually become available in both standard and high-performance versions.

The new PT uniform plan was approved by Chief of Naval Operations, Adm. John Richardson in mid-2018 and exchanges began retailing the high-performance version last month.

For now, it’s called the “Optional Physical Training Uniform” — or OPTU — and sailors who buy the upgrade can wear this combination instead of the traditional yellow-gold shirt and the older style of pants.

New Navy Physical Training Uniform

The shirt is short-sleeved and sports non-reflective gold logos and is made of moisture-wicking, anti-microbial and odor-resistant navy blue material.

On the shirt’s left front breast is an eagle design that resembles the eagle on the current petty officer dress uniform rating badges — except the perch is on a sideways anchor.

On the back is a large logo that reads “America’s Navy — Forged by the Sea.”

The shorts have a five-inch inseam and are also made of moisture-wicking, anti-microbial fabric. A gold logo at the bottom of the left front leg simply says “Navy.”

Following sailor feedback, there’s a new zippered pocket on the rear right-hand side of the shorts.

Sailors can’t mix and match the shirts and shorts with components of the current standard physical training uniform.

For example, they can’t wear the new blue shirt with the older shorts that have a silver Navy logo, or the yellow shirt with the new shorts sporting a gold logo.

The rule doesn’t apply, however, when the shirts or shorts are worn as civilian clothing.

The total price for the new ensemble is $42.40, nearly double the $22.13 cost of the set that’s currently issued by the Navy.

The new high-performance shirt retails for $20.58. The current yellow gold shirt is priced at $8.88.

The upgraded shorts run $21.82. The current version costs $13.25.

The items aren’t in all Navy Exchange Uniform shops yet but they’re already stocked in Norfolk, Pearl Harbor and San Diego, plus the Marine Corps Exchange at Henderson Hall in Arlington, Virginia.
They also can be ordered through the Navy Exchange’s online uniform website.

According to Navy Capt. John Cassani, a supply officer serving as the Navy Exchange’s Deputy Commander of Uniform Programs, the plan is to develop a standard version of the all-blue PT uniform.

“A navy blue standard variant of the PTU is also under development,” Cassani said. “As we field the new OPTU, we’ll gather feedback and incorporate any potential improvements into the standard design, if approved.”

What hasn’t been decided, he said, is whether the new logos on the optional uniform will be featured on the standard version.

Cassini added that boot camp will begin to issue the new all-blue designs, both standard and high-performance versions, in the next 12 to 18 months.

Once that begins the Navy will pinpoint a phase-out date for the old PT outfit, he added.

3.) A New You for the New Year / 2 JAN 19
Naval Hospital Jacksonville Public Affairs

JACKSONVILLE, Fla. (NNS) -- It’s a new year; use this opportunity to start fresh for a new you. Whether it’s healthy eating, exercise, better sleep, or quitting smoking, one small change can have a positive effect. Naval Hospital Jacksonville has tools to help.

“We have the resources here to provide a holistic approach to wellness,” said Cmdr. Andrew Tarrant, NH Jacksonville associate director for public health. “We offer the latest technology and techniques to partner with you in improving your health.”

Lifestyle changes don’t have to be drastic to be effective. Small changes (over a period of time) can have a big impact.

Here’s some tips for a healthier you in 2019:

• Focus on real food. Emphasize vegetables, fruits, whole grains, lean meat, fish, and dairy products. The fewer the ingredients the better. Eating whole foods means you will be consuming less trans fats, added sugar, and sodium.

• Move more. Making time in your day to be active improves mood and decreases stress. Try simple things such as taking the stairs and walking outdoors.

• Get enough sleep. It’s a necessity, not a luxury. Insufficient sleep is associated with a number of chronic diseases and conditions (such as diabetes, cardiovascular disease, obesity, and depression). According to the Centers for Disease Control and Prevention, adults need seven or more hours of sleep every night; teens need eight to 10 hours; and school-aged children need nine to 12 hours.

• Be smoke- and tobacco-free.

Take measures to avoid preventable diseases:
• Prevent cervical cancer with the right test at the right time. Starting at age 21, get a Pap test every three years. After turning 30, you have a choice: Get a Pap test every three years; or get a combined Pap and human papillomavirus (HPV) test every five years. Talk with your primary care manager about options.

• Mammograms are the best way to find breast cancer early, when it’s easier to treat and before it’s big enough to feel. Starting at age 40, talk with your PCM about when to start and how often to get a mammogram. You have the choice to get an annual mammogram at age 40 and up. Call Radiology today (904-542-7782). It’s easy to schedule, with no need to see your PCM.

• If you’re age 50 or over, get screened now for colorectal cancer. It’s the second leading cause of cancer-related deaths in the U.S., and third most common cancer in men and in women. Screening can find growths so they can be removed before turning into cancer. If you have risk factors, you might need to be tested earlier or more often. Talk to your PCM.

• Bring your child in for a check-up in the first month of life, and at 2, 4, 6, 9, 12, 15, and 18 months of age; and at ages 2, 2½, 3, 4, and 5 years. Check-ups track growth and development, prevent illness with immunizations, and answer your questions. Talk to your child’s PCM about check-ups during school-age years.

• If you have diabetes, see your health care team as directed and get your A1C test at least every year. This helps you and your provider better manage your health care. Make an appointment with your PCM. You can discuss strategies to manage diabetes at home, work, school, and while traveling. You can also talk with a diabetes nurse or our nutrition clinic, and ask about our Diabetes Wellness Team.

Medical Home Port teams (at the hospital or branch health clinic) are standing by to meet your preventive, routine, and urgent health care needs.

The hospital’s Wellness Center (located next to Naval Air Station Jacksonville’s Fitness Center) offers a variety of tools and classes (individual and group) that can help improve the health of active duty, retirees, and family members.

For starters, make an appointment for a body composition assessment. Wellness uses whole body densitometry, a precise method for determining body fat percentage. Staff provide test results and recommended diet and fitness approaches.

For those looking to eat healthier, Wellness offers “Choose My Plate,” a basic nutrition and healthy meal planning course. It offers ideas and tips for healthier eating.

For weight management, “ShipShape” is offered for families, retirees, and active duty. The program consists of two online classes and six individual sessions at the Wellness Center, and promotes healthy lifestyles, weight loss, and nutrition. Participants practice techniques for healthy eating, goal setting, dealing with emotional and social situations, problem-solving, and long-term behavior change.

For tobacco users, the Wellness Center offers one-on-one tobacco cessation support (including medication, patch and gum), to help get quit and stay quit.

To get started, stop by NH Jacksonville’s Wellness Center or call 904-542-5292, or talk to your PCM.

To make a PCM appointment, call 904-542-4677 (hospital), or 904-546-7094 (BHC Jacksonville ' for active duty), or schedule online at www.TRICAREonline.com.
For immunizations, stop by or call 904-542-7810 (hospital) or 904-546-7050 (BHC Jacksonville) for active duty.

For 24/7 clinical advice, call the Nurse Advice Line at 800-TRICARE (800-874-2273) or chat at www.mhsNurseAdviceLine.com.

To securely email your care team (for non-urgent issues), sign up for free at www.TOLSecureMessaging.com.

Some follow-up services are available virtually. Navy Care enables you to have a live, virtual visit with your clinician on your smartphone, tablet, or computer. Ask your provider.

To view your care team’s PCMs, visit our website at www.med.navy.mil/sites/navalhospitaljax, click on Medical Home Port, and click on each team.

Give yourself the gift of health in 2019.

Naval Hospital Jacksonville and Navy Medicine Readiness and Training Command Jacksonville deliver quality health care, in an integrated system of readiness and health. NH Jacksonville includes five branch health clinics across Florida and Georgia. It serves 163,000 active-duty and retired sailors, Marines, soldiers, airmen, guardsmen, and their families, including about 83,000 patients who are enrolled with a primary care manager. To find out more, visit www.med.navy.mil/sites/navalhospitaljax.

Get more information about the Navy from US Navy facebook or twitter.

For more news from Naval Hospital Jacksonville, visit www.navy.mil/local/nhjax/.

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For more information affecting Sailors and their families follow @USNPeople on Facebook, Twitter, Instagram and YouTube.