

# PLAN <sup>OF THE</sup> MONTH



Your Leadership Tool for Communicating Internally

## MARCH 2025

### IMPORTANT DATES:

March 2-18 Exercise Sea Dragon

March 11-18 Global Lightning 25-1

March 15 E-5 Evals Due

March 31 W-3, W-4, W-5  
FITREPS Due

### DEADLINES:

March 31 [Deadline for Enrolling in a Health Care Flexible Spending Account \(HCFSA\).](#)

May 1 [Deadline for Enlisted Applications to the Nuclear Enlisted Talent Management Board Pilot Program \(TMBPP\).](#)

June 13 [Deadline for Application to the August 2025 Active Duty Officer Lateral Transfer and Redesignation Board](#)

June 15 [Deadline for Application to the Academic Year 2026 Medical Service Corps In-Service Procurement Program Selection Board](#)

June 30 [Deadline for Application to the 2026 Seaman to Admiral-21 Commissioning Program](#)

## WARFIGHTING PRIORITIES

### MESSAGE TO THE FLEET

"The work of our Navy continues without disruption. We will sustain forward-deployed lethal forces that enhance the peace and deter our adversaries. We remain focused on improving lethality, strengthening our warfighters, and readying our platforms. We will continue to do what the Navy does best: deliver warfighting advantage for the Nation." See [NAVADMIN 038/25](#) for the entirety of ADM Kilby's message to the Fleet.



## SPOTLIGHT

### CHINA CORE KNOWLEDGE COURSE

The Office of Naval Intelligence has launched the "China Core Knowledge" online course on Navy e-Learning. This voluntary, unclassified course aims to introduce and deepen understanding of China's military and naval advancements for all Navy personnel. Knowledge is power. Learn more about the course [here](#).



## PROFESSIONAL DEVELOPMENT

### ENAVFIT UPDATE

Effective May 1, eNavFit will no longer be available for Fleet use. The Navy will instead consolidate performance evaluation needs and services into a modernized and more capable NAVFIT98A. New features of NAVFIT98A include functionality in Microsoft Office 365 and auto-validation tools to reduce submission errors and rejection rates. Read more about the change [here](#).



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# MONEY MATTERS

## **HEALTH CARE FLEXIBLE SPENDING ACCOUNT (HCFA)**

Have you been paying out of pocket for certain health and wellness expenses for you or your dependents? If so, opening an HCFA through the Federal Flexible Spending Account Program (FSAFEDS) may be a smart option for you and your wallet! An HCFA enables active-duty Sailors, DOD civilians, and select reservists to contribute up to \$3,300 in pre-tax earnings to pay for eligible medical, dental and vision care expenses. With these contributions, account-holders can effectively lower taxable income while setting aside funds for health-related expenses. Take advantage of the special enrollment period from March 3 to March 31 to open an account. Use this [link](#) for more information.



# HEALTH & WELLNESS

## **WEIGHT-LOSS PROGRAM**

Select Sailors can now take advantage of a weight-loss program called Noom through the Navy. Noom helps individuals build healthier eating habits through coaching to achieve sustainable weight loss. The Navy is offering free access to Noom until Jan. 31, 2026, to active-duty Sailors who were not within Body Composition Assessment standards during the CY2024 Physical Fitness Assessment. Find more information about Noom and sign up for the program [here](#).



# ADMIN SPOTLIGHT

## **DOWNLOADING ARCHIVED MEDICAL RECORDS**

Effective April 1, the TRICARE Online (TOL) Patient Portal will be decommissioned as part of the transition to MHS Genesis. If you want to keep a copy of your legacy health records for personal use, you can download them from the TOL Patient Portal before April 1. Afterwards, you will only be able to access legacy medical records in person at a military treatment facility. For detailed instructions on how to download your records, use this [link](#).



# MOTORCYCLE SAFETY

## **MOTORCYCLE SAFETY**

According to Naval Safety Command, the naval enterprise has already reported 12 fatal motorcycle crashes in FY25 (as of Feb. 11). Every loss or injury due to a motorcycle crash - on top of devastating Sailors and families - negatively impacts mission readiness. The Naval Safety Command Motorcycle Safety Campaign 2025 website offers useful resources to enhance safety and reduce mishaps for riders at all experience levels. Explore the features [here](#).

