Members requesting an **abeyance** for the Body Fat Standards should get approval **prior** to being weighed-in.

Members who do not meet body fat standards should immediately go to the following site for a listing of **available recourses** <https://dcms.uscg.afpims.mil/work-life/HealthPromotionResources/>

Weight probation starts immediately following non compliance,

**DO NOT HESITATE TO GET HELP!**

Member is referred to their Primary Care Manager (PCM) via the ([Command Weight Referral Form SF 600](https://dcms.uscg.afpims.mil/work-life/HealthPromotionResources/)) to determine the cause of non compliance, and if the member can safely start an exercise program

PCM evaluates member to determine cause of non compliance

Can member safely conform to body fat standards?

PCM may provide guidance and or refer member to <https://dcms.uscg.afpims.mil/work-life/HealthPromotionResources/>

PCM provides recommendation to command on abeyance or referral to Physical Disability Evaluation System. CG Personnel Service Center, Personnel Service Division, Field Support (CG PSC-psd-fs) serves as approving official for all medical abeyance and tobacco cessation exemption requests.

\*\*Full Policy Procedures can be found in ([COMDTINST M1020.8H](https://media.defense.gov/2017/Apr/27/2001738869/-1/-1/0/CIM_1020_8H.PDF))\*\*