

SAILOR TO SAILOR

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The Official Newsletter of MyNAVYHR

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24/7 support for pay benefits, records, leave, and PCS

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RECAP

Explore the key ALNAVs/NAVADMINs released in June, highlighting the Navy's latest updates and guidance.

EVENT DATES

Feb. 01 - Dec. 31, 2026
[Calendar Year 2026 E4 Meritorious Advancement Program \(MAP\)](#)

Jul. 1 - Dec. 31, 2026
[Physical Readiness Program Cycle 2](#)

DEADLINES

July 15, 2026
[LDO/CWO applicants who need a time-in-service waiver](#)

Sept. 30, 2026
[Commands must complete SDAP annual recertification](#)

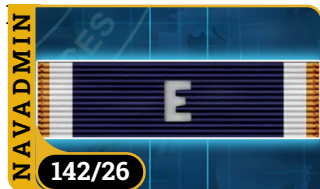
Sept. 30, 2026
[Eligible Sailors who received RTC uniform e-gift cards must also use them before close of business](#)

HEALTH OF THE FORCE SURVEY IS LIVE!



Take the 20-minute Health of the Force survey to share your feedback on Navy programs and policies with the Navy's top leaders. Your input is used to evaluate and update Navy programs and policies. Scan the QR code to take the survey!

2025 FLEET AWARD WINNERS



Battle efficiency matters, and these crews set the standard. The Navy announces the 2025 Fleet Award winners, recognizing commands that demonstrated outstanding improvement and superior performance in battle efficiency.

UPDATED GUIDANCE ON GROOMING STANDARDS AND RELIGIOUS LIBERTY



Have an approved or pending facial hair religious accommodation? Sailors with approved or pending religious accommodation requests for facial hair need to resubmit for reevaluation. Commands must process reevaluations within 30 days of receiving the updated package.

EXPANDED OPERATIONAL STRESS CONTROL AND WARRIOR TOUGHNESS



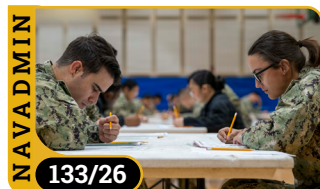
Warrior Toughness is now the Navy's single playbook for performing under pressure. The Navy combined Expanded Operational Stress Control and the legacy Warrior Toughness initiative. The update releases new resources, the Warrior Toughness placement, playbook, and a training suite built around 15 skills Sailors can use in daily life.

NAVY COOL PROGRAM EXPANSION ANNOUNCEMENT



The Navy may now help cover the academic entrance exam that gets you to your next step. Navy COOL expanded to include funding for GED, SAT and ACT exams now. Beginning Oct. 1, 2026, GRE, GMAT, LSAT and MCAT funding starts.

FALL 2026 CYCLE 119 NAVY-WIDE ADVANCEMENT EXAMINATION FOR SELECTED RESERVE E5 AND E6 CANDIDATES



SELRES E5 and E6 candidates: your advancement clock is ticking. This message gives Cycle 119 SELRES advancement exam guidance, including key deadlines such as PMK-EE, ELD, and EAW completion, and exam administration.

2026

PCS GUIDE

START YOUR MOVE >>>



by Mass Communication Specialist 1st Class George M. Bell, Chief of Naval Personnel Public Affairs

ARLINGTON, Va. — For Navy families, a new set of orders represents more than just a change of address—it signifies the start of a new chapter in service to the nation. To support these transitions, MyNavy HR released the 2026 Permanent Change of Station (PCS) Guide, designed to help Sailors and families stay ahead of the process from the day orders arrive through check-in at the next command.

“Family readiness is mission readiness,” said Rear Adm. Kertreck V. Brooks, commander, MyNavy Career Center. “When Sailors know what paperwork, screenings and support resources are required up front, they can focus less on chasing answers and more on getting their families safely to the next duty station.”

The 2026 guide consolidates critical policy updates to streamline the PCS process and puts more emphasis on early action. It includes expanded family preparation and medical screening information, especially for Sailors moving overseas or to remote locations. Sailors can find helpful tips on all the moving parts during a PCS, like family preparation, medical and overseas screenings, personal property moves, pay and more.

A major financial update is the use of the government travel charge cards (GTCC). As of October 2025, GTCC is required to be used for PCS travel with some exceptions. Sailors should use the card only for authorized expenses, keep itemized receipts, and submit completed travel claims within five days of arrival.

The guide also highlights changes to personal property support, including the Department of War Personal Property Activity (PPA), which now supports global household goods and vehicle shipment, storage-in-transit and non-temporary storage services. PPA was created as part of the DoW’s commitment to giving warfighters and their families the information and resources they need.

“The move to a permanent Personal Property Activity gives service members and families a more enduring support structure for one of the most stressful parts of military life,” said Maj. Gen. Lance G. Curtis, director, Department of War Personal Property Activity. “Our focus is making the moving process more accountable, more responsive and more centered on the people we serve.”

For Sailors, the benefit is

direct: a more centralized personal property support structure, a clearer point of entry for help and expanded resources for household goods, personally procured moves, vehicle shipment and claims. Together, the PPA and the 2026 PCS Guide provide Sailors and their families additional support during one of the most challenging periods of military life.

“Sailors should not have to navigate PCS alone,” Brooks said. “If a Sailor is unsure where to start, they can call us, email us or use MyNavy Portal to get connected to support.”

Sailors can access the 2026 PCS Guide on the MyNavy HR PCS Resources webpage. For personnel, pay and transportation support, contact MyNavy Career Center. Or contact the PPA from May 15 to Sept. 15, during peak PCS season. Both resources are available 24/7.

MyNavy Career Center:

Call 833-330-MNCC

Email AskMNCC@us.navy.mil

Personal Property Activity:

Call 833-MIL-MOVE

Email PCSCallCenter@mail.mil