

Periodic Health Assessment Information

Per U.S. Army Chief of Staff Memorandum dated 12 October 2006 and AR 40-501, Standards of Medical Fitness, an annual Periodic Health Assessment (PHA) is required for all general officers, officers, warrant officers and enlisted personnel, regardless of component. The PHA is a preventive screening tool designed to improve reporting and visibility of Individual Medical Readiness (IMR) for all Soldiers. The only requirements for the annual PHA are the lipid panel if your age meets the guideline and a visual screening.

The new, annual PHA replaces the 5-year periodic physical examination but it does not replace the need for specialty physical examinations required for flight operations, military school attendance and other unique military programs. Appointment procedures for these special physical examinations remain unchanged.

NOTE: The provider will be talking with you and **NOT** doing a physical exam, as it is not required. Please understand that you will likely have to have a second appointment to request medication refills and other specific focused exams, as the time for this is not built into the schedule. If you are assigned to a TRICARE remote Provider, you will be referred back to that provider for care and possible further recommendations.

To obtain your Periodic Health Assessment you MUST complete the following:

- Complete a PHA questionnaire via AKO – www.us.army.mil or <http://mymedpros.army.mil>
- Review your Medical Readiness stoplights (Look closely at the dates due rather than the color of the traffic light, if the date due will be occurring within the next 60 days please make appointments for these areas. If these appointments occur at a non-Military facility, you must bring a copy of all reports, so that we can update your MEDPROS. You must have results of all testing conducted outside of the Military facility with you in order to complete your PHA.)
- If you require a lipid panel, do not eat or drink anything for 12 hours prior to your appointment, you may drink water. Do not consume alcohol for 48 hours.
- If you require an optometry appointment, please call Central Appointments (717)245-3400. Do not wear contact lenses to your appointment, bring your eyeglasses with you to your appointment
- Please bring a copy of your physical profile if you have one. Your PHA cannot be completed without your profile
- Upon completion of your Part I PHA requirements, please contact the Physical Exams Section to be scheduled for your Part II PHA appointment with a provider

To complete the PHA questionnaire:

- Log in to AKO with your CAC card or using your Logon ID and password
- On the AKO Home Page, go to "My Medical Readiness Status"
- Click on "MORE"
- Select "Periodic Health Assessment"
- When you have answered all the questions, click "Submit" and then print your completed copy of the questionnaire. Bring a copy of your completed questionnaire to your PHA appointment

Additional Information

Blood work:

- The following testing if not on file as a one- time only test can be done the same day as your PHA is scheduled. This testing MUST be done at a military facility and will have to be repeated here if you got it elsewhere. You will not be given these results, as they are baseline only: Sickle Cell, G6PD, and DNA. HIV testing must also be done at a military facility and is required every two years.

Specific to Males:

- If 35 years and older you must complete a Lipid panel, which must be done ahead of your scheduled visit so that the provider can input it in your PHA. This test requires that you be fasting (no alcohol for 48 hours and nothing to eat or drink except water for a minimum of 12 hours before your appointment). It is required to be done once every five years. If you know it has been done within 5 years the physical exam coordinator can look it up – only if it was done at a military facility. If done by an outside provider you will need to bring in a copy of the results.

Specific to Females:

- Females must schedule a Pap smear if required and should request testing for Chlamydia and Gonorrhea at the time of that exam.
- Females over the age of 40 are required to do a Lipid panel, which must be done ahead of your scheduled visit so that the provider can input it in your PHA. This test requires that you be fasting (no alcohol for 48 hours and nothing to eat or drink except water for a minimum of 12 hours before your appointment). It is required to be done once every five years. If you know it has been done within 5 years the physical exam coordinator can look it up – only if it was done at a military facility. If done by an outside provider you will need to bring in a copy of the results.

PROFILES: If you have a profile, it must be reviewed at the time of your PHA by the provider. The provider performing the PHA will review and advise you if the profile needs to be updated, but they are not required to update that profile. Permanent profiles expire and the patient must be re-examined every 5 years, and will likely be referred to a specialist for this re-evaluation.

***Reserve and National Guard Soldiers must have active duty orders in order to receive a physical examination, or Periodic Health Assessment**

Any questions, please call (717) 245-3723 or (717) 245-4500

PERIODIC HEALTH ASSESSMENT (PHA) CHECKLIST

Rank _____ Name (Last, First MI) _____ Date _____

SSN _____ Age _____ Contact Number _____

Are you deploying in the next six months (circle one): Yes / No

- 1) **PAPERWORK:** Complete Online Questionnaire on AKO (www.us.army.mil)
- 2) **HEARING EXAM:**
 - i. No appointment needed
 - ii. Hours are Monday, Tuesday, Wednesday, and Friday 0730-1630; Thursday 0730-1200
- 3) **EYE EXAM:**
 - i. Appointment needed
 - ii. (717) 245-3400 Hours are Monday, Tuesday, Wednesday, and Friday 0730-1630; Thursday 0730-1200
- 4) **LAB WORK:**
 - i. Must FAST for 12-14 hours prior to blood work.
 - ii. Hours are Monday, Tuesday, Wednesday, and Friday 0730-1630; Thursday 0730-1200
- 5) **IMMUNIZATIONS:**
 - i. No appointment needed.
 - ii. Hours are Monday, Wednesday, and Friday 0730-1630; Tuesday 0730-1930; Thursday 0730-1200
- 6) **EKG:**
 - i. Only for service members 40 years or older
 - ii. Hours are Monday, Tuesday, Wednesday, and Friday 0730-1630; Thursday 0730-1200
- 7) **FEMALES ONLY**
 - i. PAP SMEAR: within the last year
If appointment is needed get referral from Primary Care.
 - ii. MAMOGRAM: 40 years and older within the last 5 years

LABS (TO BE COMPLETE BY CLINIC STAFF)

- Lipid
- HIV
- EKG (over 40)
- CMP (over 50)
- PSA (over 50 males)
- Pap (females)
- Mamogram (females over 40)

IF YOU ARE NAVY and MARINE

The Periodic Health Assessment (PHA) will be used to review, verify, and correct IMR deficiencies. It will also be used to verify compliance with various elements of Deployment Health to include Pre- and Post-Deployment Health Assessments and the Post-Deployment Health Reassessment. The PHA replaces the Reserve Component requirement for NAVMED 6120/3, Annual Certificate of Physical Condition, and the routine 5-year periodic physical examination for Active Component. The Periodic Health Assessment (PHA) is primarily a tool used to consolidate evidence based clinical preventive services, occupational health and risk screening services, health record review, special duty physical examinations, and individualized counseling, testing, and preventive treatment.

The form for your health assessment if you need a copy is here.

Forms

[Periodic Health Assessment](#)(312.30 KB) (NAVMED 6120-4)

[Adult Immunizations Record](#)(354.79 KB) (NAVMED 6230_4.pdf)

[Reserve Component \(MRRS\) DD Form 2766](#)(694.41 KB)

[DD Form 2766 \(PDF version\)](#) (921.49 KB)

[DD Form 2813](#)(276.48 KB) (Active Duty/Reserve Forces Dental Exam)

[NAVMED 6600/12 \(6-93\)](#)(449.62 KB) Dental Assessment and Certification

[Physical Readiness Information Management System \(PRIMS\)](#): Active duty or reserve members can log on and print out a PARFQ (Physical Activity Risk Factor Questionnaire). Please notice a block placed at the bottom of the form for signature and date by medical department representative saying the "PHA was completed" and "No other risk factors were identified"

IMPORTANT:

Dunham U.S. Army Health Clinic will only be able to do part II of your form and sign as a medical screener. The provider can also review and sign the 2807-1. The entire packet will be returned to you and you will take that back to the Physical exams coordinator for finalization.