

## **Periodic Health Assessment (PHA) Patient Packet**

Our records indicate that **you are due or will be due for a Periodic Health Assessment (PHA)**. In accordance with SECNAVINST 6120.3, you are considered delinquent for a PHA when it has been a year since your last exam OR within 30 days of your birth month.

### **Actions you must take PRIOR to your PHA appointment:**

- **PRINT** this PHA Patient Packet
- Log into BUPERS Online (<https://www.bol.navy.mil/>) or Marine Online (<https://sso.tfs.usmc.mil/sso/DoDConsent.do>)
- **PRINT** your Individual Medical Readiness (IMR) and review IMR for steps 1-4 below –  **check items off if they are complete based on your IMR or as you complete/schedule them and indicate the “Date Completed” in the format MM/DD/YYYY.**

*For all items below, department/website contact information is found in the **Individual Medical Readiness Guide**.*

#### 1. Review **Readiness Labs** – contact **Laboratory** to complete

Element	If your IMR matches status below, item is <u>COMPLETE</u> , if not you must take action	Date Completed
<input type="checkbox"/> Blood Type	<b>Date AND Next Due</b> are N/A or a date	/ /
<input type="checkbox"/> G6PD	<b>Date</b> is N/A or a date	/ /
<input type="checkbox"/> DNA	<b>Date</b> is N/A or a date	/ /
<input type="checkbox"/> HIV Compliance	<b>Date</b> is N/A or a date <b>AND Next Due</b> is greater than 30 days from now	/ /
<input type="checkbox"/> Lipid / Glucose	<i>*Your Medical Home Port Team will contact you with Lipid/Glucose status approximately 1 week prior to your appointment – you may schedule an appointment if this is not complete.</i>	/ /

#### 2. Review **Dental Readiness** – contact **Dental** to complete

Element	If your IMR matches status below, item is <u>COMPLETE</u> , if not you must take action	Date Completed
<input type="checkbox"/> Dental	<b>Class</b> is Class 1 or Class 2 <b>AND Next Due</b> is greater than 30 days from now	
	<input type="checkbox"/> If Class 3, enter your follow up appointment date:	/ /
	<input type="checkbox"/> If Class 4, enter your T2 cleaning appointment date:	/ /

#### 3. Review **Immunizations (only applies to “Required” Immunizations on your IMR)** – contact **Immunizations** to complete

Type	If your IMR matches status below, item is <u>COMPLETE</u> , if not you must take action	Date Completed
<input type="checkbox"/> FLU – Influenza	<b>Date Given</b> is N/A or a date <b>AND</b> <b>Next Due</b> is blank or is has not passed (not overdue)	/ /
<input type="checkbox"/> HEPA - Hepatitis A		/ /
<input type="checkbox"/> MMR - Measles, Mumps, & Rubella		/ /
<input type="checkbox"/> POLIO		/ /
<input type="checkbox"/> TETA – Tetanus		/ /
<input type="checkbox"/> TwinRx - Combination Hepatitis A and B		/ /
<input type="checkbox"/> HEPB - Hepatitis B	<i>The immunizations listed in this section (Typhoid through Yellow Fever) only apply if you are deploying</i>  <b>Date Given</b> is N/A or a date <b>AND</b> <b>Next Due</b> is blank or is has not passed (not overdue)	/ /
<input type="checkbox"/> TYPH – Typhoid		/ /
<input type="checkbox"/> ADN – Adenovirus		/ /
<input type="checkbox"/> ANTHX – Anthrax		/ /
<input type="checkbox"/> CHOL – Cholera		/ /
<input type="checkbox"/> JEV - Japanese Encephalitis		/ /
<input type="checkbox"/> MGC – Meningococcal		/ /
<input type="checkbox"/> PNEUM – Pneumococcal		/ /
<input type="checkbox"/> RABIE – Rabies		/ /
<input type="checkbox"/> SPOX – Smallpox		/ /
<input type="checkbox"/> VARIC – Varicella		/ /
<input type="checkbox"/> TLWV – Yellow Fever		/ /

#### 4. Review **Post-Deployment Health Assessments**

Type	If your IMR matches status below, item is <u>COMPLETE</u> , if not you must take action	Date Completed
<input type="checkbox"/> PDHA, PDHRA, and/or MHA	<b>Date</b> is N/A or a date, <b>Next Due</b> is N/A or blank, <b>AND Status</b> is N/A or blank <input type="checkbox"/> Complete necessary assessments at <a href="https://data.nmcphc.med.navy.mil/edha/">https://data.nmcphc.med.navy.mil/edha/</a>	/ /

#### 5. Complete and **PRINT** Health Risk Appraisal survey: <https://nmcpeh-web2.med.navy.mil/pls/newhra/hra>

#### 6. Enroll in RelayHealth if you are not already enrolled: <https://app.relayhealth.com/Registration.aspx>

**After steps 1-6 are complete,** call Hampton Roads Appointment Center to book PHA appointment: **1-866-MIL-HLTH.**

<b><u>For your PHA appointment, you must bring a hard copy of your:</u></b>	Medical Record (unless it is at the clinic)
	Printed IMR from BUPERS Online / Marine Online
	Printed PHA Patient Packet (this document)
	Printed Health Risk Appraisal

**Reminder: Please arrive 15 minutes prior to your scheduled PHA appointment time.**

For any questions or to cancel your PHA appointment, please contact Naval Station Norfolk Deployment Health at 757-953-6066.

## Individual Medical Readiness Guide

Branch Health Clinic Naval Station Norfolk  
 Medical Clinic: 1721 Admiral Taussig Blvd  
 Dental Clinic: 1521 Admiral Taussig Blvd  
 Norfolk, VA 23511-2899  
 Phone: (757) 953-6066

Station	Information
<b>BUPERS ONLINE AND MARINE ONLINE</b>	<p><b>For BUPERS Online:</b></p> <ol style="list-style-type: none"> <li>1. Type <a href="https://www.bol.navy.mil">https://www.bol.navy.mil</a> into your internet browser (on any computer that can print and has CAC reader)</li> <li>2. Click on the Individual Medical Readiness Status link, click launch MRRS</li> <li>3. Click on the "Printer Friendly" link to print</li> </ol> <p><b>For Marine Online:</b></p> <ol style="list-style-type: none"> <li>1. Type <a href="https://www.mol.usmc.mil/">https://www.mol.usmc.mil/</a> into your internet browser (on any computer that can print and has CAC reader)</li> <li>2. Click on the Individual Medical Record link</li> <li>3. Click on the "Printer Friendly View" link to print</li> </ol>
<b>LABORATORY</b>	<p>Walk in hours Mon-Fri 0700-1530. For front desk, you may call 757-953-8958.  <i>Historically best times between 0715 and 1130</i>                      Must be completed 48+ hours before the time of your PHA appointment.                      Call <b>1-866-MIL-HLTH</b> to make an appointment</p>
<b>DENTAL</b>	<p>Walk in hours Mon-Thurs 0700-0945, 1230-1400.  <i>Historically best times between 0715 and 1130</i>                      Call <b>757-953-8635</b> to make an appointment.</p>
<b>IMMUNIZATIONS</b>	<p>No appointment necessary - Walk in hours Mon-Thurs 0700-1500 (last screening at 1430), Fri 0700-1330 (last screening at 1300). For front desk you may call 757-953-9000 and choose from the menu.  <i>Historically best times between 0715 and 1130</i>                      Medical Record Required</p>
<b>ELECTRONIC DEPLOYMENT HEALTH ASSESSMENT (eDHA)</b>	<p>For completion of Pre-Deployment Health Assessment (PDHA), Post-Deployment Health Reassessment (PDHRA), and Mental Health Assessment (MHA):</p> <ol style="list-style-type: none"> <li>1. Type <a href="https://data.nmcphc.med.navy.mil/edha/">https://data.nmcphc.med.navy.mil/edha/</a> into your internet browser</li> <li>2. Login as a "New User" or by entering your account information. "Login ID" would be your SSN# and your "Password" would be your selected password.</li> <li>3. After logging in, a Key phrase is required to continue into eDHA (Keyphrase: Activenavy1# and for Marine Corps use Rifleman1st# (case sensitive)).</li> </ol>
<b>HEALTH RISK APPRAISAL (HRA) SURVEY</b>	<ol style="list-style-type: none"> <li>1. Type <a href="https://nmcpeh-web2.med.navy.mil/pls/newhra/hra">https://nmcpeh-web2.med.navy.mil/pls/newhra/hra</a> into your internet browser (on any computer that can print)</li> <li>2. Login with command UIC</li> <li>3. Answer all questions and click finish</li> <li>4. Print out assessment</li> <li>5. Bring printed assessment with you to appointment</li> </ol>
<b>RELAYHEALTH</b>	<ol style="list-style-type: none"> <li>1. Type <a href="https://app.relayhealth.com/Registration.aspx">https://app.relayhealth.com/Registration.aspx</a> into your internet browser</li> <li>2. Select the "Register" button at the top left of the screen</li> <li>3. Select "Patient" registration</li> <li>4. Fill in all fields and use your personal email address – you must accept the email invitation sent after registration is complete</li> </ol>
<b>MEDICAL RECORDS</b>	<p><b><u>Your medical record will be provided at the time of the appointment.</u></b> To contact, you may call 757-953-8700.                      If you are in possession of your medical record please bring to your appointment (required only for immunizations, well woman exam, and your PHA appointment)</p>
<b>Other Departmental Contacts</b>	
<i>During your PHA Appointment, your provider may refer you to one or more of the departments or services below:</i>	
<b>OCCUPATIONAL MEDICINE</b>	<p>Mon-Fri 0700-1530. For front desk, you may call 757-953-8793.                      Call <b>1-866-MIL-HLTH</b> to make an appointment</p>
<b>OPTOMETRY</b>	<p>Mon-Thurs 0700-1530, Fri 0700-1300. For front desk, you may call 757-953-8996.                      Call <b>1-866-MIL-HLTH</b> to make an appointment</p>
<b>AUDIOLOGY</b>	<p>Walk in hours Mon-Fri 0700-1045, 1215-1445.  <i>Historically best times between 0715 and 1130</i>                      Call <b>757-953-8906</b> to make an appointment.</p>
<b>WELL MALE AND WELL FEMALE EXAMS</b>	<p>Call <b>1-866-MIL-HLTH</b> to make a well male (prostate-specific antigen, PSA, exam) or well female (pap smear, PAP) appointment                      Medical Record Required</p>
<b>OPTIONAL LABS</b>	<p>Request testing for Sexually Transmitted Diseases (STDs) through your Primary Care Manager (PCM) using RelayHealth, voluntarily and confidentially. Review the STD Fact Sheet for more information at <a href="http://www.med.navy.mil/sites/NMCP2/BranchClinics/NAVSTANorfolk/DeploymentHealthCenter/Documents/STD2012.pdf">http://www.med.navy.mil/sites/NMCP2/BranchClinics/NAVSTANorfolk/DeploymentHealthCenter/Documents/STD2012.pdf</a></p> <p>To request any additional labs, please send an email to your Primary Care Manager using RelayHealth requesting the specific labs needed.</p>
<p>For additional information, visit Naval Station Norfolk PHA Website  <a href="http://www.med.navy.mil/sites/NMCP2/BranchClinics/NAVSTANorfolk/DeploymentHealthCenter/Pages/PHA.aspx">http://www.med.navy.mil/sites/NMCP2/BranchClinics/NAVSTANorfolk/DeploymentHealthCenter/Pages/PHA.aspx</a></p>	

