

Periodic Health Assessment Online

Step-by-Step e-Tool for Navy IMR

January 2013



- Branch Health Center (BHC) NAVSTA Norfolk has implemented a new PHA process at the Deployment Health Center that will streamline service members through their PHA process .
- The new Online process will empower the individual service member to personally review and update his/her Individual Medical Readiness (IMR) with minimal impact on Command manning and mission readiness.
- Introduction of this power point presentation is to serve as a “Tool” to help you complete your update your IMR. Here you will find interactive web links and step-by-step examples to complete your PHA online (Checklist, IMR report from BOL, Health Risk Appraisal (HRA) Survey and other questionnaires as required).

PHA Online

GOVERNING INSTRUCTION

- SECNAVINST 6120.3 directs the completion of an annual PHA on the individual member's birth month. Fulfilling this directive will be accomplished through cooperative efforts through your Command appointed CFL's, Medical Department Representatives, and your Leadership.
- What you need as a service members to start your PHA:
 - Access to a computer, Log into BUPERS Online, print your IMR report
 - Enrollment in Relay Health if not currently enrolled
 - Request readiness labs from your Primary Care Manager (PCM) via Relay Health
 - Complete your online Health Risk Appraisal (HRA) survey
 - Complete your PDHA, PDHRA, MHA if deployed since last PHA or overdue
 - Finally, Schedule your PHA appointment at **1-866-645-4584**

PHA Online

- PHA's were introduced in 2007 as the primary tool to verify various elements of Deployment Health and Medical Readiness. The Annual PHA replaces the 5yr physical exam for Active Component and the 6120/3 Annual Certificate of Physical Examinations for Reserve Component
- During your annual PHA, you will receive a Face-to-Face assessment of your health status and review of other pertinent medical readiness information by your primary care manager
- PHAs are required during your Birth Month, if permitted.

Why is a PHA Required?

- First, start by following our link to [BUPERS Online](#) (BOL) and Log in.
- STEP1, you can click the link for Individual Medical Readiness (IMR) Status.
- STEP 2, on the next screen, click on “LAUNCH MRRS”
- STEP 3, at this point you will be looking at your very own medical readiness information. At the right-top area, next to your IMR status, is a button labeled “Printer Friendly.” Click print to print your IMR report.
- Your personal IMR print-out from BOL will be utilized to assist you in updating all “Due” sections.

The screenshot shows the BUPERS Online (BOL) website. At the top, there is a navigation bar with links for Home, Help, FAQ, Comments, Privacy Policy, and Text Only. Below this is a banner for BUPERS Online, stating it is for Active Duty and Reserve Navy personnel. A red notice indicates that ships or users with slow connections should use the text-only version. A blue box contains a CAC Login button and a login form with fields for Login ID and Password, and a Log On button. The footer includes contact information for the Navy Personnel Command and the Bureau of Naval Personnel, along with a version number: Version: 4.1 Rev. 4037 Build 17885.

<https://www.bol.navy.mil>



BOL Application Menu

- [Application List]
- [Update Info]
- [Change Password]
- [Help]
- [FAQ]
- [Comments]
- [Privacy Policy]
- [Sign Out]

- ADMTS
- [Advancements/Selection Boards]
- [Application (FORMAN) Status]
- [ARPR/ASOSH Online]
- [Configuration Management]
- [Exchanges Of Duty (SWAPS)]
- [FITREP/Eval Reports]
- [Individual Medical Readiness (IMR) Status]
- [Military Locator System]
- [NavPers Legacy & ITEMPO]
- [Navy Personnel Command]
- [Navy-Marine Corps Mobilization Processing System (NMCMP)]
- [ODC, OSR, PSR]
- [Official Military Personnel File (OMPF) - My Record]
- [Personnel Action Request 1306/7]
- [PRIMS]
- [Request Record on CD]
- [Selection Board Member/Recorder Training]
- [Selective Reenlistment Bonus]
- [StayNAVY Pay and Comp Calculator]
- [StayNAVY Retirement Calculator]
- [StayNAVY SRB Calculator]
- [Update Race/Ethnicity Preference]
- [View IA Orders]
- [View Orders]

Step 1
 After logging-in

Example images from
 BUPERS Online IMR

Step 2

Welcome to MRRS(Medical Readiness Reporting System)

IMR is an integral component of force health protection and reflects a Sailor's or Marine's ability to deploy rapidly. IMR is also a direct reflection of a unit's capability to sustain its mission. Tracking of IMR benefits the service member and unit by ensuring service members are protected against infectious and endemic diseases, can safely receive prophylaxis and treatments, and are in a state of dental readiness. Please contact medical to schedule an appointment to resolve any deficiencies you may have.

PRIVACY ACT

LAUNCH MRRS

RETURN TO BOL

Step 3
 Print IMR



Please allow 5 business days from your last appointment date for updates to appear.
 If updates do not appear within that time frame please contact medical.

Name:			IMR Status = Fully Medically Ready		Printer Friendly		
UIC:							
Report Date: 27-Jun-12							
PHA and Readiness Labs			Immunizations				
Element	Date	Next Due	Type	Series	Required	Date Given	Next Due
PHA	26-Mar-12	26-Mar-13	FLU - Influenza		Y	22-Aug-11	01-Sep-12
Blood Type	On File	N/A	HEPA - Hepatitis A	2	Y	22-Jul-97	
GSPD	10-Feb-09	N/A	HEPB - Hepatitis B	3	Y	22-Aug-99	
DNA Verified on File	08-Jul-97	N/A	MMR - Measles, Mumps, & Rubella		Y	08-Sep-98	
HIV Compliance	20-Jan-12	20-Jan-14	POLIO		Y	12-Feb-09	
Dental Readiness			TETA - Tetanus		Y	10-Feb-09	08-Feb-19
Element	Exam Date	Class	Next Due	VARIC - Varicella		Y	
Dental	22-Mar-12	2	01-May-13	ADNV - Adenovirus		N	21-Mar-97
Medical Equipment			ANTHX - Anthrax	B	N	22-Oct-09	
Type	Date	CHOL - Cholera		N			
Gas Mask Inserts		N/A	H1N1		N	24-Nov-09	
Medical Warning Tag		N/A	JEV - Japanese Encephalitis	3	N	09-Sep-98	
Glasses		N/A	MGC - Meningococcal		N	10-Feb-09	
Deployment Limiting Conditions			PNEUM - Pneumococcal		N		
Condition	Date <td>RABIE - Rabies</td> <td></td> <td>N</td> <td></td> <td></td> <td></td>	RABIE - Rabies		N			
N/A		SPOX - Smallpox		N			
Post Deployment Health Assessments			TwinRx - Combination Hepatitis A and B		N		
Type	Date	Status	TYPH - Typhoid	11	N	12-Feb-09	
PDHA (DD-2796)		N/A	YLWFFV - Yellow Fever		N	22-Oct-09	
PDHRA(DD-2900)	14-Jul-10	N/A	Tuberculin Skin Test				
			Date TST Placed	Date TST Read	Next Due	Reactor	TB Questionnaire Date
			23-Feb-12	26-Feb-12	24-Feb-12	N	N/A

- Second, enroll in [Relay Health](#)
- Relay Health is an additional “Tool” that assist you with communicating directly with your PCM as needed. For your PHA, your PCM will play an active role. PCMs will now be ordering your labs (Lipids/Glucose and other readiness labs) if required to update your IMR. Ultimately, it is your responsibility to request that these labs be ordered under Relay Health via email. If you do not know who your assigned PCM is, call 1-877-TRICARE or 757-953-8708 during business hours of M-F 0700-1500
- This is a change from the old way of requesting your PHA labs. Now your PCM will have an integral role for your IMR and oversight of readiness labs for continuity of care as you update your readiness. If additional labs are required for further evaluation, your PCM will email you with further directions.
- After enrolling in Relay Health, Don't forget to accept Relay Health's invitation through your email to participate in Relay Health's services

<https://app.relayhealth.com/Registration.aspx>

RelayHealth

Sign In Register Find a Doctor

Step 1
Click and Start

Click to register.

Provider



Deliver Care

Doctors
Nurse Practitioners
Physician Assistants
[View a registration checklist](#)

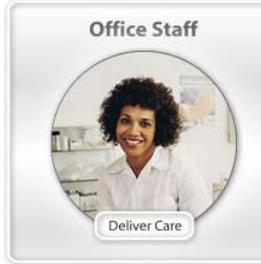
Patient



Receive Care

You
Your Children
Your Family Members

Office Staff



Deliver Care

Nurses
Office Managers
Assistants

RelayHealth

Sign In Register Find a Doctor

Step 2
Complete fields

Register Your Account

Preferred Language * English

Parents, please enter your own information here. You can add family member(s) to your account AFTER completing this first step.

First Name *

Middle Name

Last Name *

Date of Birth *

Gender * Male Female

E-Mail *

ZIP/Postal Code *

Sign-In Information

You may use your e-mail address as your User ID.

User ID *
Personal e-mail address is easy to remember

Password *

Re-type Password *
At least 6 characters, no spaces

[Q: How will you ensure my privacy?](#)

[Q: How do I communicate on behalf of my family member\(s\)?](#)

[Q: How will you use my e-mail address?](#)

[Q: What makes a good User ID?](#)

[Q: What makes a good password?](#)

RelayHealth

Home Your Doctors Message Center Health Records Account

Step 3
Congratulations

Congratulations!

You've completed the first step toward securely managing your healthcare online.

✔ Registration Complete

Demographic Information, Health Plan Information, Terms of Use

● Setup Wizard

Select the doctor you would like to communicate with online. Optionally, add or remove patients in this account.

Start the Setup Wizard Take Me to My Home Page

Enrollment is completed in 3 steps

Example images from Relay Health

You must know who your PCM is to add to your Relay Health account



Welcome

PRIVACY ACT STATEMENT

AUTHORITY: 10 U.S.C., 8013

PURPOSE: To collect health related information from military members and Navy civilians in order to be able to provide them with personalized assessments and health education related to their specific health behaviors. To collect aggregate data in order to provide the most appropriate health education programming.

ROUTINE USES: To assess health lifestyles and risk factors related to disease and injury.

Responses by individuals can be collected and analyzed as a group to assess the overall health of commands. Results will be reported in summary form only without personal identifying data. Personnel who wish to share this information with their Medical Department Representative and receive individual counseling can print this report. It will be treated as privileged information

DISCLOSURE: Completion of this form is highly desirable, but not mandatory.

Completion of this form is designed for your benefit, but will also help determine health promotion program efforts, serve as a baseline needs assessment and help evaluate effectiveness of health promotion programs. General information may be disclosed to publish statistical trends in health status indicators over time. No individual data will be disclosed.

Please enter your UIC, as directed by your command HRA Administrator

LOGIN

[Navy and Marine Corps Public Health Center](#)

Need Help? Please Click on the link above

[Exit](#)

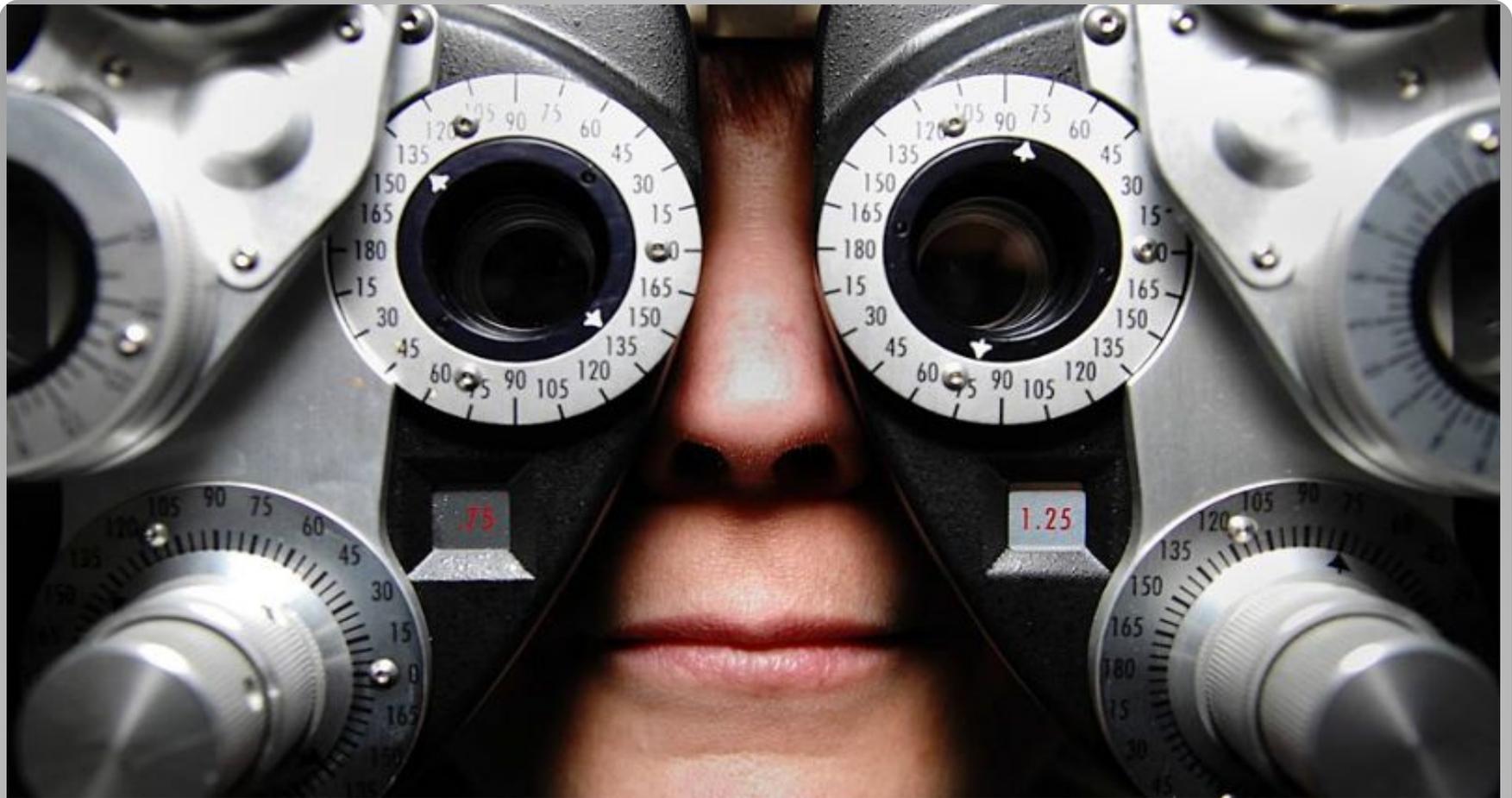
Third, every service member is required to complete an annual survey

https://nmcpeh-web2.med.navy.mil/pls/newhra/dsc6pop.NEHCha_Login

After completing, immediately print your survey and hand carry to your PHA appointment (surveys are not saved on a server to retrieve at a later date).

You log-on ID is your UIC/RUC

Health Risk Appraisal



Follow your IMR report from left to right while using this Power Point Presentation to aid you in identifying your “Due” sections.
Then use your Checklist only to update your “Due” sections.

Ready to Review your IMR Report?

- Readiness labs are an essential component of your PHA. Please verify if an HIV, G6PD, DNA or Blood Type are recorded within your IMR report. These are required.
- To request your Readiness labs, please email your PCM through Relay Health with the Subject line “PHA Labs”
- Lipid Panel & Glucose labs are a preventive tool (Not Readiness Lab) used by the provider during your PHA appointment to evaluate for the development of early cardiac risk factors, Diabetes and Lipid Disorders. Working with your PCM, you will review & identify early preventive measures to reduce your future risks factors and start a healthier lifestyle. Please review the current guidelines of the US Preventive Services Task Force to see if you meet criteria to request a Lipid Panel and Glucose Lab test (Fasting is required for 12hours, no eating or alcoholic drinks).
- <http://www.uspreventiveservicestaskforce.org/uspstf/uspschol.htm>

Readiness Labs

Dental Readiness

- Dental exams are required annually, preferably Birth Month.
- Class 1 or 2 are considered World Wide Deployable
- Class 3 & 4 are not considered World Wide Deployable and require an immediate dental exam
- Dental Appointment Line: (757) 953-8526

Optometry Exams

- For personnel who use prescriptive eyewear, you are required to schedule a visual examination every 2yrs.
- No prescriptive eyewear, an exam is recommended every 5 yrs or sooner if there are complains of decreased visual acuity of greater than 20/40.
- Visual Acuity exams are performed annually during your PHA appointment.
- Optometry Appointment Line: 1-866-645-4584

Readiness Exams

- Up-to-date Medical Equipment is required for all service members who have been identified to require Gas Mask Inserts, Medical Warning Tags for Allergies/Other and who wear prescriptive eyewear (Military Issue).
- Review your IMR report to see if “Medical Equipment” section applies to you. If you require new or updated medical equipment, please inform PCM during your PHA appointment or call (757) 953-9042 for further guidance on how to request required medical equipment.
- Medical equipment is only required for deployable personnel and deployable platforms. Not shore Commands.
- If no Medical Equipment is required then this section does not apply to you, skip.

Medical Equipment

- You will see this section in your IMR report but may or may not see information within the fields.
- When these fields have data within them, it has been identified that you have had or currently have a medical condition that prohibits you from being World Wide Deployable.
- If there is data that you believe to be outdated or not current, inform your PCM for appropriate corrections to your IMR.
- Examples of some limiting conditions are pregnancy, fractures of bones, Metabolic disorders or Cancer. Please inform your PHA provider if any of these or other limiting conditions exist in your IMR report.

Deploying Limiting Conditions

accelerate your life. **EDHA Global :: Electronic Deployment Health Assessment (EDHA)** Help About

Welcome to the U.S. Navy's Electronic Deployment Health Assessment Database (EDHA). To login, please enter your Login ID and password below.

Login ID Password

[Forgot Your Password?](#)
[New User? \(Local Admins/Providers, see below\)](#)

NEW: If prompted, please complete ONLY the required fields in the **My Profile** (bottom) portion of your profile. This website requires Internet Explorer 6.0 with pop-up blocking turned off.

If you are a Provider and need to register, contact your Local Administrator (EDHA POC), or NMCPhC at (757) 953-0717 or send email to: edha@nchc.mar.med.navy.mil
 If you are a member of the Reserve Component, to complete this Assessment, you must contact the PDHRA CALL CENTER for a health care provider review: 1-888-PDHRA-99.

If you are a member of the Active Component, your Unit will provide direction for the health care provider review process.

NEW PROCEDURE FOR LOCAL ADMINISTRATORS AND PROVIDERS!
 Local Admins and Providers only--Please read this document for obtaining access: [Instructions for EDHA Access System Authorization Access Request Form: DD2875](#)

Privacy Act Statement: Authority: 10 U.S.C. 136 Chapter 55, 1074f, 3013, 5013, 8013 and E.O. 9397 Principal Purpose: To assess your state of health after deployment outside the United States in support of military operations and to assist military healthcare providers in identifying and providing present and future medical care to you. Routine Use: To other Federal and State agencies and civilian healthcare providers, as necessary, in order to provide necessary medical care and treatment.

Per BUMEDNOTE 6100 of 05 April 2012, the Mental Health Assessment (MHA) will be conducted in coordination with the Pre-Deployment Health Assessment (DD2795) and Post-Deployment Health Re-Assessment (DD2900) starting on 16 April 2012.

This will require all providers to successfully complete the MHA Training s (<http://fhpr.osd.mil/mha/>) prior to reviewing and certifying the PDHA/PDHRA and MHA.

Online Training Video for Mental Health Assessment (MHA)
 Three online training videos has been prepared for Mental Health Assessment Healthcare Providers. Please select any of the desired surveys to start the training video:

- Pre-Deployment Health Assessment (PreDHA) Mental Health Assessment
- Post-Deployment Health Re-Assessment (PDHRA) Mental Health Assessment
- Mental Health Assessment - Provider Section

Step 1
 Go to Webpage
 and click New User

accelerate your life. **EDHA Global :: Enter a Passphrase** Help About

Instructions: Enter a valid Passphrase to register with the EDHA Database. Remember the Passphrase is case sensitive. You may get a valid Passphrase from your Local Administrator.

Passphrase:

Step 2:
 Enter passphrase
 Activenavy1#
 (case sensitive)

Return users follow the log in process.

Assessments required:

1. Pre-DHA/MHA (2795) 60 days prior to Deployment
2. Post-DHA (2796) within 30 days of Redeployment
3. Post-DHRA due within 90-180 days from Redeployment
4. MHA required 7-18 months from Redeployment, performed with annual PHA
5. MHA required 18-30 months from Redeployment, performed with annual PHA

If you IMR shows that you are "Due", follow the link to <https://data.nmcphc.med.navy.mil/edha/> and log-in using the passphrase (Activenavy1# (case sensitive)).

Deployment Health Assessment

- Immunizations have been a part of your medical readiness since you entered the Armed Forces.
- Immunizations section within your IMR report will identify what immunizations are required or “Due”.
- Most common immunizations required annually are Influenza and Tuberculin Skin Test (aka PPD) depending on your NEC/MOS.
- Immunization Department at BHC NAVSTA Norfolk is a walk-in clinic from 0715-1430 M-Th and 0715-1200 on Fridays.
- For further information regarding required immunizations and requirements for specific geographical regions, you can visit <http://www.vaccines.mil/>

Immunizations

- Women's Health is a vital aspect of your medical readiness.
- It is recommended by the Manual of the Medical Department (MANMED) P-117 Ch 15 article 15-112 (page 15-106) that all Women Annual Health Assessments be performed in conjunction with your PHA. If applicable to your readiness, you may schedule these services prior to your PHA appointment with your PCM.
- **PAP exam is part of your IMR, PAP is required every 2yrs for women 21-29yrs and every 3 yrs for women 30 yrs or older unless specified otherwise by your PCM**
- Annual health assessment requirements encompass but are not limited to weight (BMI), blood pressure, Chlamydia/Gonorrhea (criteria outlined if applicable), cervical cancer screening through PAP smear exam (dependent on multiple factors), breast cancer screening after age 40 with mammography study and other assessments as recommended by the <http://www.acog.org> and <http://www.uspreventiveservicestaskforce.org/>
- To inquire if any of these recommendations pertain to you, you may contact your PCM via email at Relay Health.

Women's Health

- Special Duty Exams and Certificates are required for specific assignments, platforms, NECs/RUCs or designators while stationed at NAVSTA Norfolk and tenant Commands. For further information regarding these programs and your status, you may contact your Unit Readiness Representative or CFL.
- It is your responsibility to identify if these exams or certificates are expired or overdue. You must schedule an appointment with the designated clinic who performs these specific exams and certificates (Occupational Medicine , Flight Medicine, Underwater Medicine). This may be performed prior or after your PHA appointment.
- Note – These exams & certificates will not appear within your IMR report when viewed on BUPERS Online but it is still part of your medical readiness.

Special Duty & Occupational Health Exams

- In order to optimize scarce resources and enhance customer utilization of the online PHA process, we strongly encourage you utilize your command leadership, CFL's and MDR's as needed for assistance with your IMR/PHA.
- The checklist is part of your "Tools" for keeping track of what you have completed and what you still need to do to update your IMR/PHA.
- Use the checklist it in conjunction with your IMR print out.
- Once you have updated all your "Due" sections, you may schedule your PHA appointment.
- Call the Hampton Roads appointment line at 1-866-MIL-HLTH to schedule your PHA.
- Do not schedule an appointment for a date/time less than 72 hours after giving blood.
- **Assistance with the PHA process or the checklist you may call (757) 953-9042**

The Checklist



Now you are Fully Medically Ready