

Periodic Health Assessment Online

Step-by-Step e-Tool for Marine Corps 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 MOL, 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 Marine 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 your 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 [Marine Online](#) (MOL) and Log in.
- STEP1, you can click the link for Individual Medical Record (IMR) Status.
- STEP 2, at this point you will be looking at your very own medical readiness information. “Printer Friendly.” Click print to print your IMR report.
- Your personal IMR print-out from MOL will be utilized to assist you in updating all “Due” sections.



MARINE ONLINE



Setup Common Access Card (CAC) for MOL

We were unable to find an account based on your CAC. Please provide the information below to setup your MOL account for CAC authentication. If this is the first time that you have accessed MOL, you will be asked to provide additional information to setup a new account. If you already have an MOL account, you will be able to continue using your Username/Password to access MOL as well as your CAC. MOL Accounts are available to All Marines on active duty, reservist or retired. Other service members or civilians may obtain an MOL account provided they are sponsored by a Marine Corps Organization.

If you do not want to setup your CAC at this time use the following link [\[Login using Username/Password. \]](#)

Enter your Social Security Number (SSN). No spaces or hyphens.

Date of Birth: Enter your date of birth (DD MMM YYYY). For example August 7, 2003 would be entered as **07 AUG 2003**

<https://www.mol.usmc.mil>

The following links provide the capability to **view**, but not to **update**, Personal Information.

Personal Reports:

- Awards
- Basic Individual Record (BIR)
- Basic Training Record (BTR)
- Career Status Bonus (CSB)
- Chronological Record
- Education
- Individual Medical Record
- Operational Cultural Information
- Pay and Leave Summary
- PersTempo
- Personal Statement of Military Compensation (PSMC)
- Record of Emergency Data (RED)
- Rank/MOS
- Thrift Savings Plan (TSP)

Step 1
After logging-in



The following links provide the capability to **update**, as well as **view**, Personal Information. Not all information can be updated online.

Personal Updates:

- Contact Information (Mailing Address, Phone Numbers, Email Address)
- Duty Preference Code
- Family Readiness
- Foreign Travel
- Gas Mask and Helmet
- Planned Location Information
- Race/Ethnic
- Religion
- Self-professed Language Skills

RED Updates:

- Update Record of Emergency Data

Update History:

- Current Requests
- Previous Requests

Example images from
Marine Online IMR

Step 2
Print IMR



Individual Medical Record

Actions: Personal Information Portal | Printer-Friendly View

SSGT TRIPP JR, ANTHONY R.

BILLET DESC:

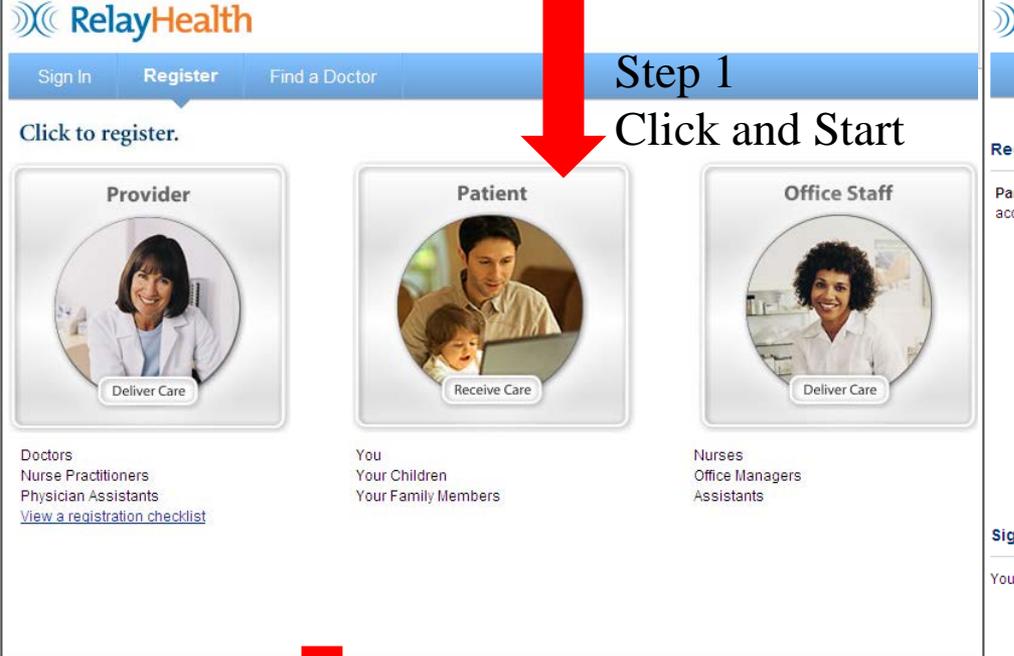
Organization information for this member is not available.
Current as of: **08 Aug 2012**

Immunizations & Tests Shots

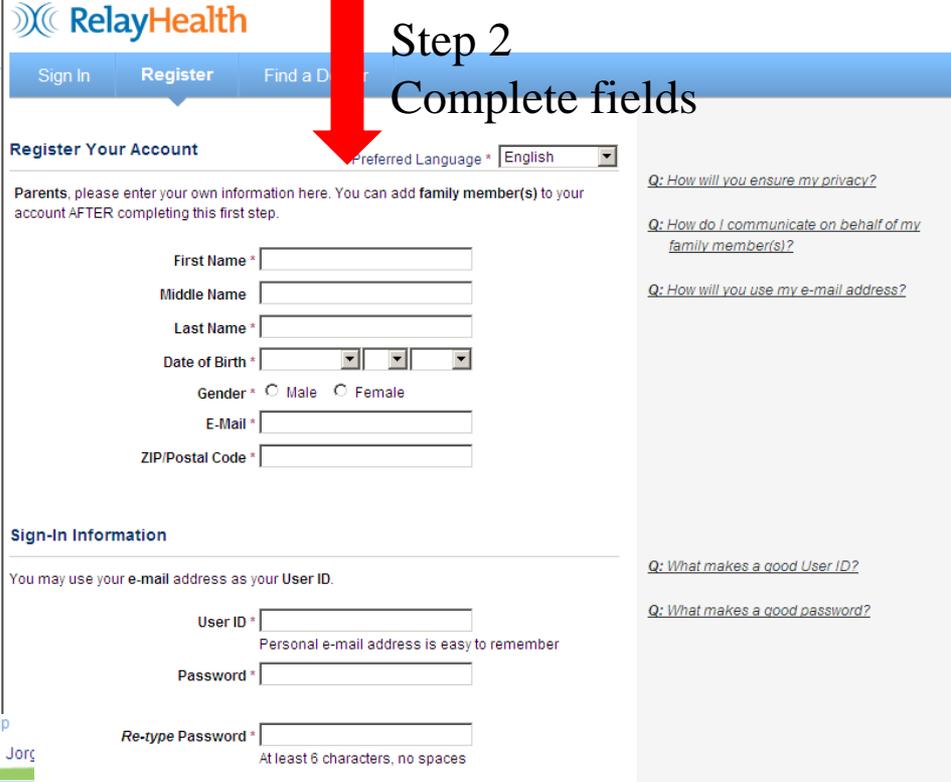
TYPE	SERIES	REQUIRED	DATE GIVEN	DUE DATE	NAME	TEST DATE	RESULTS	DUE DATE
Adenovirus		N			PHA	28-Jul-2011		28-Jul-2012
Anthrax	5	N	04-Sep-2010		Full Physical			
Cholera		N			Blood/RH Factor Test		BPOS	
Hepatitis A	2	Y	25-Feb-2004		G6PD	27-Feb-2002	N	
Hepatitis B	3	N	27-Jan-2005		Sickle Cell Test	27-Feb-2002	N	
Influenza		Y	14-Sep-2011	01-Sep-2012	DNA		29-May-2002	
H1N1 Influenza		N	10-Feb-2010		HIV Test	01-May-2012	03-May-2012	01-May-2013
JEV	2	N	23-Sep-2010		PPD Test	03-Aug-2011		
MGC		N	24-Jun-2010		Gas Masks Inserts	16-Nov-2006	Req:Y	
MMR		Y	15-Mar-2002		Medical Warning Tag			
Pneumococcal		N			Glasses			
Polio		Y	06-May-2002		POST-DEPLOY(2796)	19-Apr-2011		
Rabies		N			PDHRA(2900)	08-Feb-2012		
Smallpox		N	12-Nov-2008		DENTAL	01-Feb-2012	Class: 2	01-Apr-2013
Tetanus/Diphtheria		Y	17-Mar-2010	14-Mar-2020				
TwinRix		N						
Typhoid	IB	Y	28-Jul-2011	27-Jul-2013				
Varicella		N						

- 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

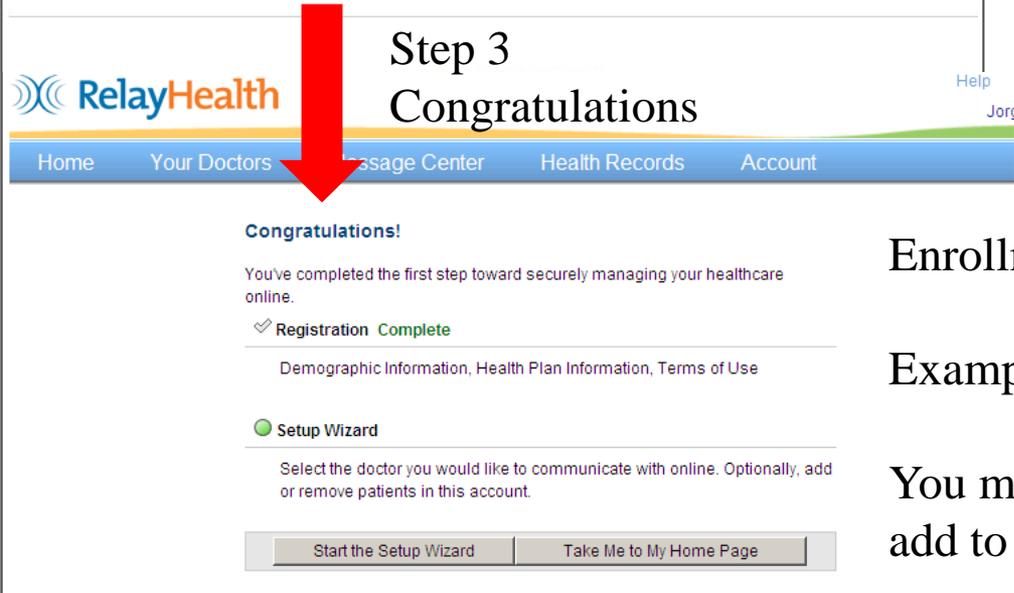
<https://app.relayhealth.com/Registration.aspx>



Step 1 Click and Start



Step 2 Complete fields



Step 3 Congratulations

Enrollment is completed in 3 steps

Example images from Relay Health

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

[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?](#)



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](#)

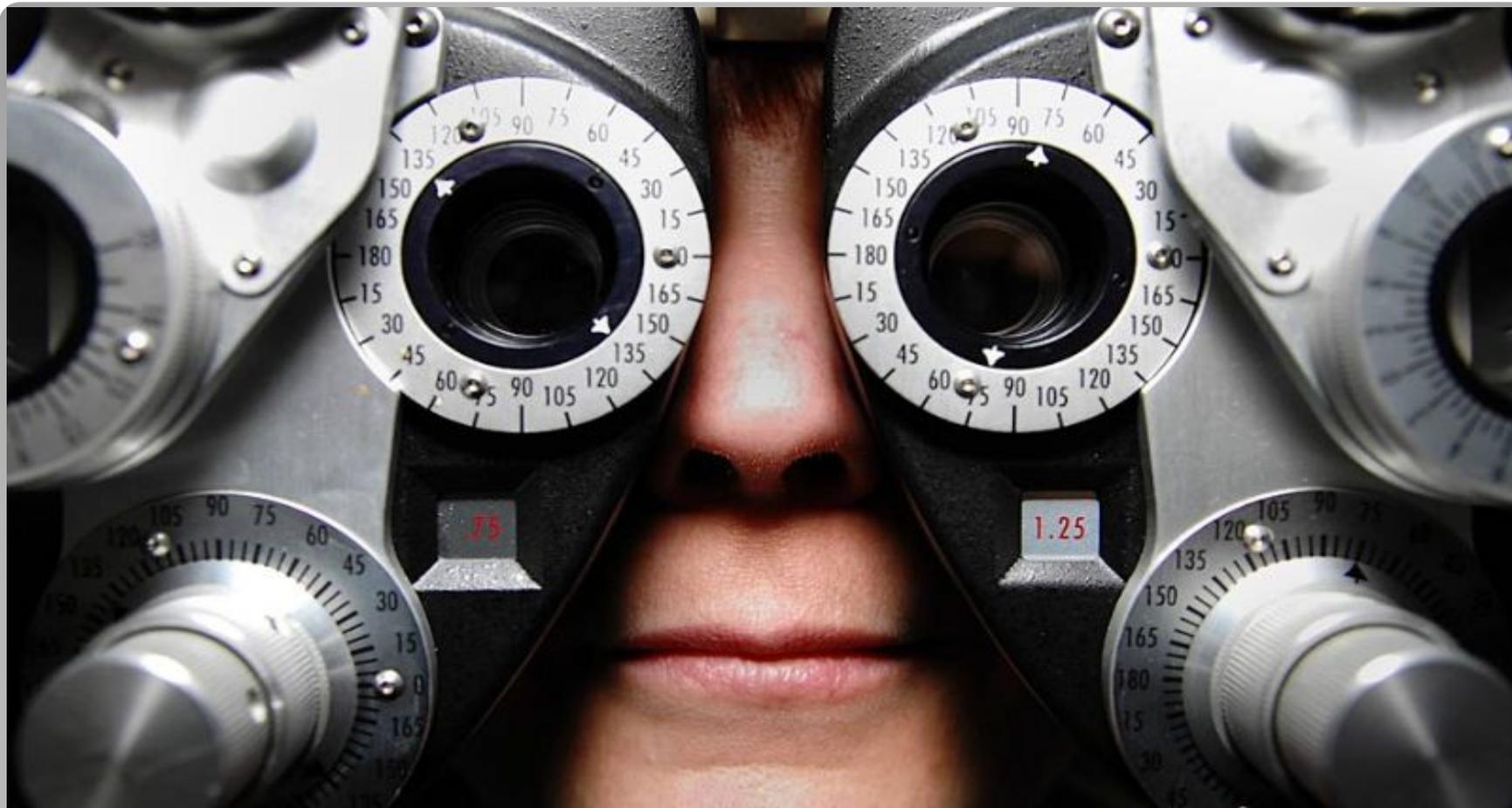
Third, every service member is required to complete an annual survey

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 Limited 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@nhc.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: DD2873](#)

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 Marine 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