NEW! Electronic Periodic Health Assessment (PHA) Process

To complete your PHA at US Naval Hospital Yokosuka (USNHY), you need to perform the following steps:

**Step 1. Check your Individual medical Readiness (IMR) Report**
- You will need a CAC card reader in order to access your IMR Report.
  - **Navy:** [BUPERS Online](https://www.bol.navy.mil/)
  - **Marine:** [Marine Online](https://sso.tfs.usmc.mil/sso/DoDConsent.do)
  - **Air Force:** [ASIMS](https://ft.asims.afms.mil/)
  - **Army:** [MEDPROS](https://medpros.mods.army.mil/MEDPROSNew/)
- Utilize your IMR report to determine “Due” items.
- “Due” items (Dental, Lab, etc.) must be completed prior to your PHA being signed off.
  - If dental class 3 or 4, schedule and go to your dental appointment first to complete requirements

If site does not work: Google “PHA Navy”, Click the first link “Navy Marine Corps Public Health Center – Periodic Health Assessment”, then click the hyperlink next to “Access PHA log in Page:”
- Have your DoD 10-digit ID number and your 5 digit Unit Identification Code (UIC) on hand.
- Once completed, a customized education form is generated. You can save, print, or email this document for your personal use.

- Brief, anonymous tool to measure your lifestyle behaviors.

**Step 4. PHA Screening and Checklist**
- Go to or call PHA Clinic (located on the 1st floor – across Immunizations)
- Meet with a PHA Record Reviewer to review and update PHA/IMR requirements.
  - (With completed PHA Survey) PHA Screener will Pre-Screen Record
  - Then, schedule you an appointment with your PCM.
  - (Survey Not Completed) You will complete checklist, then call/come back to the PHA clinic to get your record Pre-Screened and scheduled with your PCM
  - “Due” items (Dental, Lab, etc.) must be completed prior to your PHA being signed off.
Step 5. **If** you are due for a Pre/Post Deployment Health Assessment complete the following survey: (https://data.nmcphc.med.navy.mil/EDHA/)

- To complete assessment:
  - Log in with “Login ID” (SSN) and Password.
  - Select the “Create a New Deployment Health Assessment” link.
  - Select “Are you returning from being deployed?” arrow.
  - Select “Boots on the Ground for a least 30 days” button.
  - Submit Date of Departure (+/- 30 days) from Theatre. Select “Next” arrow.
  - Select “Post DHA” from top row.
  - Put in passphrase: Activenavy1#.
  - Complete the assessment.
    - Click “save” before leaving each page!
    - Use the drop-down Calendar to select dates.
  - Log out.
  - Go to or call PHA Clinic to schedule an appointment with your PCM to certify your Pre/Post Deployment Health Assessment

Step 6. Primary Care Manager (PCM) Appointment
- Report to your MHA/PHA appointment 10-15 minutes prior.
- PCM will electronically sign your MHA/PHA.

Step 7. Check Out – PHA Clinic
- After all steps are completed, your IMR will automatically update within 24 hours after the PCM electronically signs the MHA/PHA Questionnaire.
- It takes 7-10 days for your information to be updated in Physical Readiness Information Management System (PRIMS)
  - (If Needed) Come by the PHA Clinic to get a copy of your IMR to complete the handwritten Physical Activity Risk Factor Questionnaire (PARFQ) or you can go on BUPERS Online (BOL) and print our your IMR.