

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/>)
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- 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

Step 2. Complete the PHA survey (<https://data.nmcphc.med.navy.mil/PHA/index.aspx>).

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.

Step 3. Health Risk Assessment Questionnaire

(<https://nmcpeh-hpwebsvr.med.navy.mil/HRA/Pages/Default.aspx>).

- 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.