NBHC Bahrain
Periodic Health Assessment (PHA) Process

To complete your PHA, you need to perform the following steps:

**Step 1: COMPLETE SURVEY.**
  - **Register for an account then SUBMIT at the end of survey**
- Have your DoD 10-digit ID number and 5 digit Unit Identification Code (UIC) on hand.

**Step 2: NOTIFY THE CLINIC BY EMAIL**
- Once survey completed, send an email to: usn.bahrain.brhlthclinba.list.pha@mail.mil
  OR via Relay Health (register for account) at: [https://app.mil.relayhealth.com](https://app.mil.relayhealth.com)
  State that your PHA survey has been submitted and include your RANK, full NAME and a good CONTACT NUMBER.

  **DO NOT SEND PHA ATTACHMENTS OR INCLUDE ANY SENSITIVE PERSONALLY IDENTIFIABLE INFORMATION (SSN, DOB, DOD ID)**

**Step 3: STAND BY.**
- We will contact you by EMAIL to schedule your PHA appointment within 14 business days.

  - For assistance, please call the Medical Readiness office at DSN: 318-439-8153 or 1785-8153

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