

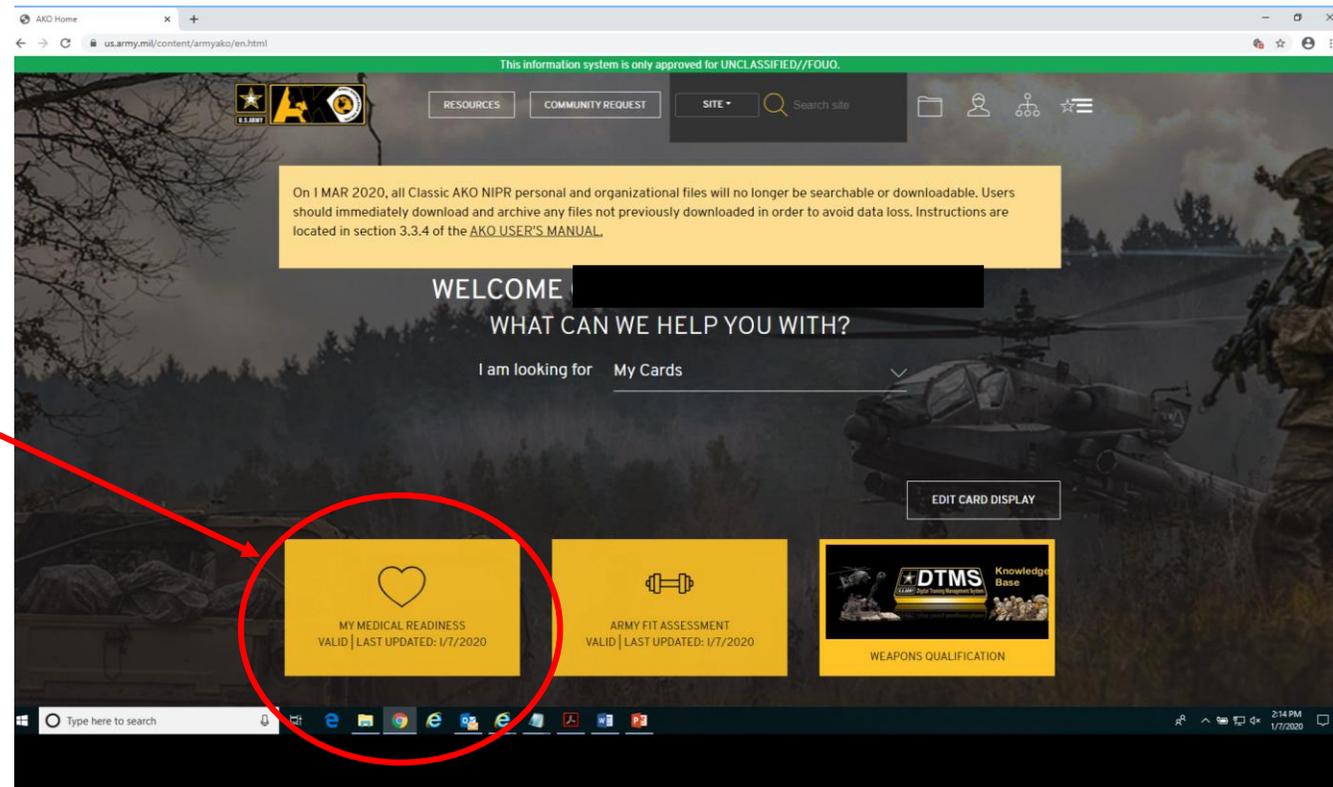
How to Complete  
Periodic Health Assessment (PHA)  
Part 1 & Part 2

# HOW TO COMPLETE PHA PART 1

- **STEP 1:** Log in to AKO 2.0 with your CAC card or using your Logon ID and password. Link to AKO 2.0: <https://www.us.army.mil/local/acceptance.html?u=https%3a%2f%2fwww.us.army.mil%2fcontent%2farmyako%2fen.html>

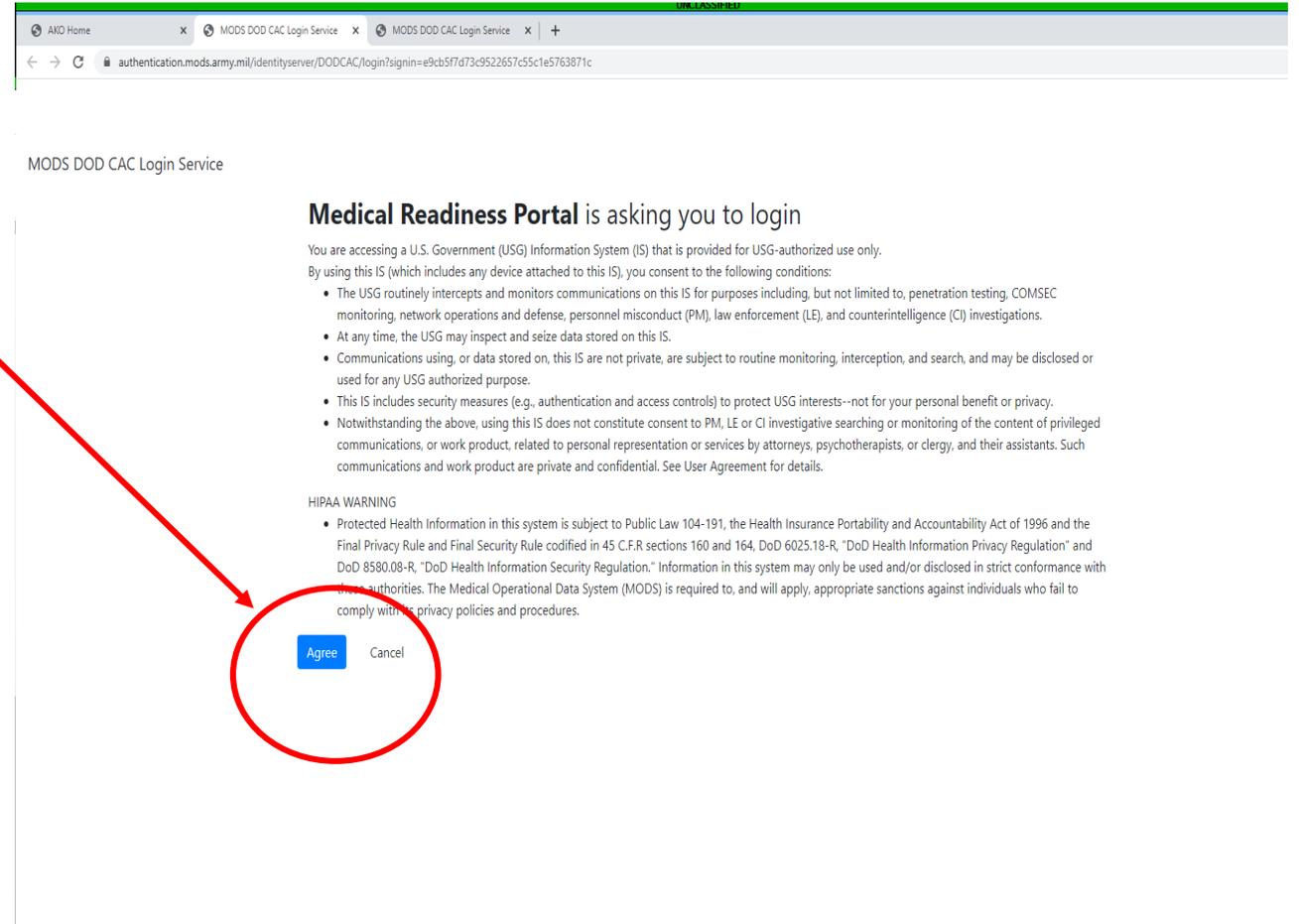
- **STEP 2:** On the AKO 2.0 Home Page, Click on “My Medical Readiness”

\*\*This will prompt you to CAC log in to your Medical readiness Portal



# HOW TO COMPLETE PHA PART 1 continued....

## **STEP 3:** CAC log in to Medical readiness Portal



MODS DOD CAC Login Service

### Medical Readiness Portal is asking you to login

You are accessing a U.S. Government (USG) Information System (IS) that is provided for USG-authorized use only. By using this IS (which includes any device attached to this IS), you consent to the following conditions:

- The USG routinely intercepts and monitors communications on this IS for purposes including, but not limited to, penetration testing, COMSEC monitoring, network operations and defense, personnel misconduct (PM), law enforcement (LE), and counterintelligence (CI) investigations.
- At any time, the USG may inspect and seize data stored on this IS.
- Communications using, or data stored on, this IS are not private, are subject to routine monitoring, interception, and search, and may be disclosed or used for any USG authorized purpose.
- This IS includes security measures (e.g., authentication and access controls) to protect USG interests--not for your personal benefit or privacy.
- Notwithstanding the above, using this IS does not constitute consent to PM, LE or CI investigative searching or monitoring of the content of privileged communications, or work product, related to personal representation or services by attorneys, psychotherapists, or clergy, and their assistants. Such communications and work product are private and confidential. See User Agreement for details.

HIPAA WARNING

- Protected Health Information in this system is subject to Public Law 104-191, the Health Insurance Portability and Accountability Act of 1996 and the Final Privacy Rule and Final Security Rule codified in 45 C.F.R sections 160 and 164, DoD 6025.18-R, "DoD Health Information Privacy Regulation" and DoD 8580.08-R, "DoD Health Information Security Regulation." Information in this system may only be used and/or disclosed in strict conformance with these authorities. The Medical Operational Data System (MODS) is required to, and will apply, appropriate sanctions against individuals who fail to comply with its privacy policies and procedures.

# HOW TO COMPLETE PHA PART 1 continued....

## **STEP 4:**

On the Medical Readiness Portal homepage Click on Periodic Health Assessments

The screenshot shows the Medical Readiness Portal homepage. The page is titled "MEDICAL READINESS PORTAL" and includes a navigation menu with "HOME PORTAL" (Dashboard, Settings) and "COMMANDER PORTAL". The main content area displays the user's "Overall Readiness Status" as "Green" and "MRC" as "MRC1". Below this is a table of "Medical Readiness Indicators" with columns for Name, Color Code, Next Due, and Required Action. The indicators listed are Dental, DLC, DNA, Hearing, HIV, Immunization, PHA, and Vision, all with a "Green" color code. At the bottom, there are three sections: "Forms" (My Profile (DA 3349), Electronic Immunization Record), "Self-Service" (Deployment Health Assessments, Periodic Health Assessments), and "System Messages (0)". The "Periodic Health Assessments" link in the Self-Service section is circled in red, and a red arrow points to it from the text on the left.

Name	Color Code	Next Due	Required Action
Dental	Green		
DLC	Green		
DNA	Green		
Hearing	Green		
HIV	Green		
Immunization	Green		
PHA	Green		
Vision	Green		

# HOW TO COMPLETE PHA PART 1 continued....

## **STEP 5:**

To begin a new form, click the "Start New Survey" button.

**STEP 6:** When you have answered all the questions, click "Submit" and then print/save your completed copy of the questionnaire. Have a copy of your completed questionnaire available for your PHA Part 2 appointment/call.

The screenshot shows a web browser window with the URL [rc.mods.army.mil/MHA/pdha/DHADeploymentCheck.aspx?tabindex=4&edi=1245368794](http://rc.mods.army.mil/MHA/pdha/DHADeploymentCheck.aspx?tabindex=4&edi=1245368794). The page header includes the MEDPROS logo and user information: SSN: 3371, Name: WOODRUFF HEATHER ANN, Rank: CPT, DOB: 1981/06/09, UIC: W077F0, Gender: F. The main content area is titled "Medical Health Assessments" and contains several sections:

- PHA Form Version 201604 (DD Form 3024)**: A table with columns for Last Name, First Name, Created, Completed, Status, Education, and PDF. A "Start New Survey" button is circled in red.
- PHA Form Version 201405**: A table with columns for ID, Last Name, First Name, Created, Completed, and Status.
- New Form**: A section with instructions: "To begin a new form, please click the 'Start New Survey' button." and "To complete the physical exam portion of the PHA make an appointment at your local Medical Treatment Facility (MTF)."
- Attention**: A section with a warning: "Your responses to this form will not be reviewed immediately. If you are experiencing serious medical or behavioral health concerns that may require urgent attention, do not continue with this form. Seek immediate medical attention by dialing the emergency number for your location, going to an emergency room, or call the Military OneSource hotline at 1-800-342-9647." It also includes contact information for the Reserve Health Readiness (RHRP) Call Center.

## HOW TO COMPLETE PHA PART 2 “Virtual”

### **What is the Virtually Integrated Patient Readiness & Remote Care (VIPRR) Clinic?**

The VIPRR clinic is a virtually integrated patient readiness and remote care clinic aimed at providing support for Service Members (SMs) in need of completing the annual Periodic Health Assessment (PHA), Post Deployment Health Assessments (PDHA), and Post Deployment Health Reassessments (PDHRA).

The annual PHA requirement is sometimes challenging to complete for SMs due to access-to care or physical distance from a Military Treatment Facility (MTF). Thousands of soldiers and beneficiaries are located remotely, enrolled in Tricare Prime Remote and have no organic military medical providers in their geographic location. These Soldiers are not enrolled in a Primary Care Medical Home (PCMH), making it difficult to complete required readiness requirements without traveling great distances or requesting support through the Reserve Health Readiness Program .

## HOW TO COMPLETE PHA PART 2 “Virtual” Continued...

### **Steps For Service Member to Complete PHA Part 2:**

**STEP 1:** You must first complete Part 1 of the PHA online through AKO 2.0

**STEP 2:** Complete all necessary lab work at the nearest MTF or with your local primary care provider (Tricare Prime Remote SMs).

**STEP 3:** Ensure vision, dental and hearing are all up-to-date. This may not be applicable to SMs in geographically displaced locations (Tricare Remote)

**STEP 4:** Contact the Virtual Appointment Management Office (VAMO) to make an appointment at **1-844-VMEDCEN (1-844-863-3236).**

**STEP 5:** Be ready to complete the virtual appointment as instructed on the day of the appointment. Additional instructions are provided by the VAMO staff.