

## PHA (Periodic Health Assessment)

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

Step 1: Complete the online PHA survey

<https://data.nmcphc.med.navy.mil/PHA/index.aspx>

- Have your DoD 10-digit ID number and your 5 digit Unit Identification Code (UIC) on hand.
- Follow the instructions on the website to register a new account if you are a first-time user.
- Once registered, log in and complete your ePHA.
- Once completed, a customized education form is generated. You can save, print, or email this document for your personal use.

Step 2. Print your Individual Medical Record (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.

Step 3. **\*\*If\*\*** you are due for a Post Deployment Health Assessment complete the following survey:  
(<https://data.nmcphc.med.navy.mil/EDHA/>)

If you do not remember your password, click the "Forgot Your Password" link and reset your password.

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.

Step 4. Call to make an appointment

Call the Hampton Roads Appointment Line at 1-866-645-4584 or NNSY Primary Care at (757) 953-6455 to schedule your appointment.

**\*\*Members MUST complete the online portion before scheduling an appointment\*\***