

Periodic Health Assessment (PHA) Instructions

STEP 1: Complete the online electronic Periodic Health Assessment (ePHA) questionnaire

- Use a CAC-enabled computer to access the online ePHA. Link:
<https://data.nmcphc.med.navy.mil/PHA/Index.aspx>
- If you don't have access to a CAC-enabled computer, the Medical Readiness Department has three reserved workstations for ePHA registration onsite.
 - Have your 10-digit DoD ID number and your 5-digit Unit Identification Code (UIC) on hand.
 - Complete the Self-Assessment portion online and when finished be sure to press the green button at the bottom of the page.

STEP 2: Visit Naval Branch Health Clinic Bangor (2050 Barb Street), Medical Readiness Department Monday-Friday 0730-1530.

- Visit the Medical Readiness Department. Once verified that step 1 has been properly completed, recent vitals have been obtained, an appointment for a virtual PHA will be scheduled with a PHA Provider. Face-to-face appointments are available if preferred.

STEP 3: PHA Appointment- A Health Care Provider will complete your PHA

- During your virtual PHA appointment a Health Care Provider will call you at your scheduled time and date.
- Based on responses provided during your assessment, a future medical appointment may be scheduled prior to completion of your PHA to address any medical issues discussed or identified during either assessment.

STEP 4: PHA Complete

- Once you talk with the PHA Provider your PHA is complete. Allow 2 to 3 business days for Physical Readiness Information Management System (PRIMS) to show your updated PHA status so that you can complete the Physical Activity Risk Factor Questionnaire (PARFQ).