NEW! All-Services Electronic Periodic Health Assessment (PHA) Process

The Coast Guard has transitioned to the All-Services PHA System to process all PHAs. Service Members are required to complete a PHA every 12 months.

The PHA is a three part assessment including a self-assessment, medical record review, and a face-to-face review with a certified PHA Health Care Provider.

The questions within the PHA ensure the maintenance of medical readiness by:
- Reviewing Service Members' physical and mental health
- Assisting health care providers in making readiness determinations
- Recommending present or future care

The PHA system may be accessed by a CAC or DOD ID and password created on registration. Users will be able to see any PHA they have created, both certified and uncertified, as well as Certification Metrics which shows the progress of certification on the User homepage.

Note: The PHA system may be accessed from a non-DOD or Standard Workstation III by using your DOD ID number as your user name and the password used during the registration process. The member will be required to answer their "security question" as well as the CAPTCHA.

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

Step 1. Enroll in the <u>PHA system</u> (https://data.nmcphc.med.navy.mil/pha/).
- If you have previously enrolled, move to Step 2.
- **Select "Register New Account" and follow the instructions.**

Step 2. Complete the <u>PHA survey</u> (https://data.nmcphc.med.navy.mil/pha/).
- Access the site using your **Common Access Card (CAC)** or your **DoD 10-digit ID number** and the password you created during registration.
- If you are logging in from a non-CAC enabled computer, you can use your DOD ID and password. You will also need to answer your "Security Question" you set up during registration.
- Don't forget to have 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. If you are due for a <u>Post Deployment Health Assessment</u> complete your survey at: (https://data.nmcphc.med.navy.mil/EDHA/)
- If you <u>do not remember your password</u>, click the "Forgot Your Password" link & reset your password.

Step 4. Check your Dental Status. We suggest you have a current dental exam in combination with the PHA to remain medically ready. Your dental status can be viewed at CGBI, (http://cgbi.osc.uscg.mil/2.0/personal.cfm). If you are due for a dental exam or are Dental Class 4, contact your local dental provider and schedule an appointment.

Step 5. Notify your health care representative. After all steps are complete, contact your health care appointment desk or representative to tell them your PHA survey has been submitted and is ready for review.

Service Members Attached to CG Clinic New Orleans.
- Schedule a PHA appointment by calling the appointment desk at 504-253-4671.
- Your appointment will be scheduled no early than 7 days after your request.
- You may be contacted to arrive early to perform necessary tests prior to your appointment.

Service Members Attached to a DOD Medical Treatment Facility (MTF).
- Schedule a PHA appointment at the MTF where you receive your regular care. Follow their procedures.

Service Members Utilizing RHRP (White-Space) Medical Care.
- Contact your unit IDHS or regional Health Services Technician (HS) and request a medical record review.
- Once the record review is completed, the HS will notify you. An RHRP contractor will contact you within one duty day after your completed record review to arrange an appointment.