

Periodic Health Assessment (PHA) Instruction Sheet

1. Review your Medical Readiness on AKO ahead of time.

Go to your AKO home page, then go to **Self-Service**, then **My Medical**, then **Medical Readiness Data**, then **Medical Readiness**.

Check your Medical Readiness. If dental, hearing or PAP smear are AMBER or RED, complete these prior to attending your PHA Part II appointment.

- Dental Clinic (yearly) – Dental Clinic for yearly exam. Chesser – 531-4854, Shira – 531-4121, Bayne Jones Army Community Hospital (BJACH) – 531-3729
- Immunizations – Occupational Health Bldg 3504 Georgia Ave. Hours of operation: Mondays 0900-1130, Wednesdays 0900-1130, 1300-1530. Call 531-6131 for more information.
- Hearing (yearly) – Hearing Conservation Bldg 3504 Georgia Ave. Hours of operation: Mondays 0800-1130, 1300-1600. Call 531-3904 for more information.
- PAP Smear (yearly) – Call BJACH appointment line – 531-3011
- The vision screening completed at your PHA appointment is adequate for a yearly vision exam. It is not necessary to schedule an optometry exam unless your provider advises you at your PHA appt. EENT clinic – 531-3276

2. **Complete the MEDPROS Periodic Health Assessment Questionnaire** available on **AKO Medical Readiness Page** (see #1). It is not necessary to print a copy and bring it to your scheduled PHA appointment at Preventive Medicine.

3. **Visit Unit Aid Station to schedule part II of your PHA. An appointment will be scheduled for you to see the provider. Blood tests will be ordered as needed. If you are seen by BJACH for your care, schedule your part II through Physical Exam Section at 531-2579.**

4. Make sure you bring any profiles to the PHA Part II appointment.

5. The provider will update your MEDPROS to reflect your current PHA date and PULHES which will be good for 1 year.