

****NEW** Electronic Periodic Health Assessment (PHA) Process**

To complete your PHA at US Naval Hospital Yokosuka (USNHY), you need to perform the following steps:

****Ship commands must see their medical for PHAs****

Step 1. Check your Individual medical Readiness (IMR) Report

- You will need a CAC card reader in order to access your IMR Report.
- **Navy: BUPERS Online** (<https://www.bof.navy.mil/>)
- **Marine: Marine Online** (<https://sso.tfs.usmc.mil/sso/DoDConsent.do>)

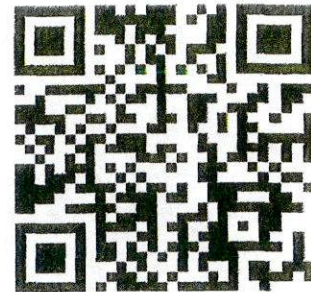
- Utilize your **IMR report** to determine “Due” items.
- “**Due**” items (Dental, Lab, etc.) must be completed prior to your PHA
 - If dental class 3 or 4, schedule and go to your dental appointment first to complete requirements

Step 2. Complete the online PHA assessment

<https://eha.health.mil/EHA/>

You can also Google “PHA Navy”, Click the first link “Periodic Health Assessment (PHA)”, then click the hyperlink next to “Access PHA log in Page:”

- Have your **DoD 10-digit ID number** and your **5 digit Unit Identification Code (UIC)** on hand.



Step 3. Call the DHA VIPRR (Virtually Integrated Patient Readiness and Remote) Clinic

1-844-863-3236

Appointment Line Open: 0600 – 1800 CST Monday - Friday

****Members MUST complete the online portion for the appointment line to schedule your appointment****

Email: usn.yokosuka.usnmrtc-yokosuka.list.pcmh-pha@health.mil

to initiate record review and allow 3 business days before appointment.