



Periodic Health Assessment (PHA)

For active duty personnel, PHAs should be completed by their assigned Primary Care Manager (PCM). Please follow the steps outlined below and read the entire sheet.

Step 1: Soldiers must complete their portion of the PHA online using the following steps:

- Log on to Army Knowledge Online (AKO).
- Select “My Medical Readiness” on “Self Service” tab.
- Under the Periodic Health Assessment (PHA) click on the blue “**Periodic Health Assessment**” hyperlink.
- Under “New Form” click on the blue “**click here**” hyperlink.
- Service member must complete their portion of the form. Be sure to click “**save**.”

Step 2: Soldiers must schedule an appointment to see their PCM:

- **Permanent Party:**
Call Hampton Roads Appointment Center (HRAC) at 1-866-645-4584 and request a PHA appointment when speaking to the appointing clerk. -OR- Contact your PCM Clinic to schedule a PHA Appointment.
- **AIT Students:** AIT must submit sick call slip through their Platoon Sergeant.

Step 3: Soldiers must complete their lab work at least 3 days prior to the PHA scheduled appointment date. (No exercise morning of fasting lab work)

Female	Male
<ul style="list-style-type: none">• 24 yrs. and under: Urine GC/CT• 40+: Fasting blood glucose• 45+: Lipid profile	<ul style="list-style-type: none">• 35+::Lipid profile• 40+: Fasting blood glucose

- **Fort Eustis Permanent Party and AIT Pre-Appointment Lab Instructions:**

At least 3 days before the PHA appointment, report to the main laboratory located at McDonald Army Health Center (MCAHC), building 576 on Jefferson Avenue, Monday – Friday (except holidays and training days), 0700 – 1630 hours. No appointment required. All PHA blood work needs to be completed after “fasting.” This means nothing to eat or drink (except water and medications) for 12 hours prior to reporting to the lab.

- **Fort Story Permanent Party Pre-Appointment Lab Instructions:**

All PHA blood work needs to be completed 3 days prior to PHA appointment. Labs are done on a walk in basis Monday – Thursday (except holidays and training days), 0800-1100 hours. All PHA blood work needs to be completed after “fasting.” This means nothing to eat or drink (except water and medications) for 12 hours prior to reporting to the lab.

Step 4: All Soldiers need HEARING screening, and VISION screening once per year. If you wear eyeglasses or contacts, bring them to the appointment. If not completed in past 12 months:

- **For Soldiers enrolled at Fort Eustis:** At least 1 day prior to PHA, report to Occupational Health for hearing testing, building 2792B, 0800 – 1600 hours. No appointment required.
- **For Soldiers enrolled to Lighthouse Clinic (Fort Story), your hearing screening will be provided during your PHA appointment with your PCM.**