

OVER 35 PHA

NOTE: The new annual PHA replaces the 5-year periodic physical examination, but does not replace the need for specialty physical examinations required for military school attendance and other unique military programs.

INSTRUCTIONS

All of the following must be completed prior to booking the actual physical

****TO ENSURE COMPLETION, CHECK OFF EACH BOX BELOW PRIOR TO SCHEDULING PART 2.**

- *FASTING LABS DRAWN-MUST BE FASTING FOR 12 HOURS (YOU MAY HAVE WATER), FILL OUT THE LAB ORDER SHEET AND BRING TO ACTIVE DUTY CLINIC BEFORE GOING TO LAB.
**(FEMALE SERVICE MEMBERS DO NOT NEED LABS TILL AGE 40)*
- COMPLETE ONLINE QUESTIONNAIRE- MUST READ AS "MEMBER PORTION COMPLETE" IN MEDPROS-PRINTING IS NOT NECESSARY.
- VISION SCREENING WILL BE COMPLETED THE DAY OF APPOINTMENT; REMOVE CONTACTS 24 HOURS PRIOR TO EXAM- NO EXAM IS NEEDED BEFORE PHA
- CURRENT HEARING EXAM WITHIN 1 YEAR (PRINT CURRENT HEARING EXAMS FROM AKO IF DONE WITHIN A YEAR AND BRING TO CLINIC) OR
- HAVE HEARING EXAM- DONE IN ACTIVE DUTY CLINIC WALK-IN HOURS MON-FRI: 0700-1130HRS AND 1300-1530HRS (NO APPOINTMENT NEEDED)
- MEDPROS NEEDS TO BE "GREEN" ACROSS THE BOARD, IMMUNIZATIONS, HIV, DENTAL, ETC.
- FILL OUT BOXES (1-8) ON PHA CHECKLIST (LOCATED AT THE TOP OF NEXT SHEET)
- COMPLETE "TB" SURVEY AND PUT YOUR INFORMATION IN BOTTOM LEFT "PATIENT INFORMATION" BOX IN THE BOTTOM LEFT CORNER.
- BRING COPY OF PERMANENT OR TEMPORARY PROFILE GREATER THAN 30 DAYS

ONCE ALL THE ABOVE IS COMPLETE, RETURN TO THE ACTIVE DUTY CLINIC WITH YOUR COMPLETED PACKET TO SCHEDULE YOUR PART 2, MON, TUE, WED AND FRI 0700-1130/1300-1500 (THUR. 0700-1130 ONLY!)

KENNER STAFF PLEASE STAMP THE USUAL CHECKLIST PROVIDED