

Periodic Health Assessments (PHA)

Member PHA Responsibilities: It is the CG member's responsibility to make and keep the PHA appointment during their birth month or the two preceding months. Follow these three steps:

- Prior to making your appointment, members must complete a Health Risk Assessment (HRA) by accessing the following website: ← This must be done before scheduling an appointment .
- <https://nmcpeh-web2.med.navy.mil/pls/newhra/hra>
- if link is down use manual form here → http://www-nehc.med.navy.mil/downloads/HRA/questionnaire_blank_2009-2010.pdf
- **Click “Continue to this web site (not recommended) if a web page stating “There is a problem with this website's security certificate” appears**
- On the HRA homepage, in the space, enter 070737100 All reservists must type in the letter “R” in front of the code.
- Members then must call the Reserve Health Readiness Program (RHRP) to make their appointment at **888-697-4299, M-F 0700—2200 CST and Saturday 0700 – 1500 CST**. While on the phone, members will then be scheduled an appointment within 50 miles of their home zip code and mailed a “PHA Kit”. Follow the instructions within the “Kit”. Be prepared to spend about ½ hour on the phone and **have access to your calendar**.