

MTF Site Message: INSTRUCTION FOR PERIODIC HEALTH ASSESSMENT (PHA) Soldier Medical Readiness Center (SMRC) [Building 2245 on the corner of 58th Street and 761st Tank Battalion Ave., next to the Robertson Blood Center and across from the MP Station]

If you are scheduling a PHA appointment, you must fill out the PHA Form located on the web at: <https://apps.mods.army.mil/PHANew/default.aspx>. This is an electronic version of DD2766. Once at the site, select "New Form" and complete all components of the survey. When finished, "submit" the form. You will see a new page and information about your survey and two PDF icons. Print the first one with "Adobe E" marking (approx. 8 pages) and bring that paperwork with you to your appointment. Lab work: If you are age 40 and older you must complete labs prior to your PHA. Labs can be done on a walk-in basis in the SMRC, 0730 - 0900, only on Wednesday and Fridays. You must FAST 9 hours prior to labs , the exception is for pregnant women who should not fast. (Yes, you may drink water). Please book your appointment one week following lab work. The following items should be brought to your PHA appointment: Wear Physical Testing (PT) uniform Military Identification Card Medical Records and a Black Ink Pen. If you wear glasses or contact lenses they are required for the PHA.