



# **How to complete Medical Readiness**

**(As of 10 September 2021)**

STEP 1. Complete your PHA Part 1

Periodic Health Assessment (PHA part 1) – SM Completes PHA part 1 online (go to <https://medpros.mods.army.mil/portal/> , self-service, periodic health assessments, PHA form version 201604, start new survey).

STEP 2. Schedule your PHA Part 2 \*Please try to schedule at least 60 days prior to PHA expiring\*

OPTION 1. Make appointment with a local provider by calling appointment center at (845) 938-7992, or log-in at [www.tricareonline.com](http://www.tricareonline.com) to schedule a PHA virtually.

OPTION 2. Call the Virtually Integrated Patient Readiness and Remote Care (VIPRR) Clinic at 1-844-863-3236, select option 1, then option 1. Clinic hours 0700-2200.

STEP 3: Verify your readiness to determine what services you need. Go to <https://www.mods.army.mil/>, click medical readiness portal, click agree, click agree, click IMR record. This screen will tell you what you need.

STEP 4. If you are not green on any portion of the IMR dashboard (step 3), follow the instructions listed below for the service you require.

Immunizations – SM makes appointment with immunizations clinic by calling appointment center at (845) 938-7992

Medical Equipment (ME):

1) 2 pair eyeglasses (2PR) – SM goes to KACH Optometry on the Ground Floor of the Allgood Care Clinic. Walk-ins (0700-0730, 1100-1130, 1500-1600), (845) 938-2206.

2) Mask Inserts (1MI) – SM goes to KACH Optometry on the Ground Floor of the Allgood Care Clinic. Walk-ins (0700-0730, 1100-1130, 1500-1600), (845) 938-2206.

3) Military Combat Eye Protection Inserts (MCEP-I) – SM goes to KACH Optometry on the Ground Floor of the Allgood Care Clinic. Walk-ins (0700-0730, 1100-1130, 1500-1600), (845) 938-2206.

3) Hearing Aid w/ Batteries (HAB) – SM goes with hearing aids to KACH, Multi-Specialty Clinic 1<sup>st</sup> Floor, Audiology 0800-1600 (Lunch 1200-1300) (845) 938-8281.

4) Medical Warning Tags (MWT) – SM goes with completed DA Form 3365 to the KACH, Patient Administration Division (PAD) on the Ground Floor of the Allgood Ambulatory Care Clinic (845) 938-3607.

Vision Readiness – SM goes to KACH Optometry on Ground Floor of the Allgood Ambulatory Care Clinic, Walk-ins (0700-0730, 1100-1130, 1500-1600) (845) 938-2206.

Hearing Readiness – SM may walk-in to audiology 2<sup>nd</sup> Floor Bldg 606. Walk-in hours 0700-1130, 1230-1430. (845-938-4118). SM may also (Wednesday's Only) walk-in to the KACH, Multi-Specialty Clinic 1<sup>st</sup> Floor, Audiology 0800-1600 (Lunch 1200-1300), (845) 938-8281.

HIV – SM goes to KACH Kiosk on 1<sup>st</sup> Floor for the laboratory and requests HIV for medical readiness to be drawn. Hours of Operation: M-T-W-F 0700-1700; Thursday Closed 1300-1500 for training (845) 938-4744.

Dental – SM makes appointment at Saunders Dental Clinic at Bldg 606 (845) 938-3121. If **RED** for Dental in MEDPROS, you must ask for a "Readiness Exam". Cleanings, and Dental work will be taken based on availability.

STEP 5. Complete your PHA (Ensure all mandatory medical requirements identified in step 1 are Green prior to doing your scheduled PHA Part 2 Appointment).