

PHA

PERIODIC HEALTH ASSESSMENT



WHAT IS THE ELECTRONIC PHA AND WHY IS IT BEING USED?

The electronic PHA is a Navy Medicine initiative that has been created in order to give service members greater flexibility in completing their annual PHA and to reduce time being spent away from work centers in order to complete medical appointments.

Navy, Marine Corps, or Coast Guard service member will need to register for an account on the electronic PHA website in order to complete their PHA self-assessment.

STEPS FOR CREATING YOUR ELECTRONIC PHA ACCOUNT

The following are instructions on how to create your electronic PHA account. This can be done via personal computer and smartphone. PHA is best suited for Internet Explorer 9 or 11 or Google Chrome. However, the site is accessible using other internet browsers but some functionality may be limited.

- Navigate to <https://data.nmcphc.med.navy.mil/pha/>
- Click on the "Register New Account" button.
- Enter in your DoD ID# as your username. Your DoD ID# will be used every time the electronic PHA website asks for a username.
- Create a password. (All passwords must be 15 characters and include two uppercase, two lowercase, two numbers, and two special characters (!,@,#,\$, etc.). Spaces are not allowed.
- Type the numbers and letters displayed in the CAPTCHA using the space provided.
- Fill in all of the information fields. If you are creating an account from a CAC-enabled computer, some of the fields may already be filled in.
- After all fields have been filled in, click the "Register" button.

POINT OF CONTACT: Presidio of Monterey Army Health Clinic
473 Cabrillo Street, Bldg#422, Presidio of
Monterey, CA 93944 (866) 957-2256

NEW NAVY/USMC/USCG PHA STEPS

- Step 1:** Complete the NEW electronic PHA survey from any computer or smart phone:(<https://data.nmcphc.med.navy.mil/pha/>)
- Step 2:** Once the assessment is complete, contact Presidio of Monterey Army Health Clinic at **(866) 957-2256** to schedule the face-to-face appointment.