

# Medical Readiness Resource Guide

<p><b>Physical Health Examination (PHA)</b></p> <p><b>Where:</b> KACH Family Practice Clinic  <b>How:</b> Fill out <i>Periodic Health Assessment</i> form at <a href="https://apps.mods.army.mil/">https://apps.mods.army.mil/</a> . Call Central Appointments @ x-7992 to schedule the exam.  <b>Frequency:</b> Annual (12-Months)</p>	<p><b>HIV Test</b></p> <p><b>Where:</b> KACH Lab.  <b>How:</b> Walk-in, no appointment necessary. Hours: 0700-1700, R: 0700-1300 and 1500-1700. x4744  <b>Frequency:</b> Every 24 Months</p>
<p><b>Hearing Conservation Program</b></p> <p><b>Where:</b> Cadet Health Clinic, bldg. 606.  <b>How:</b> Walk-in Only , M-F. 0800-1130 and 1300-1530  <b>Frequency:</b> Annual (12-Months)</p>	<p><b>Dental Exam &amp; Cleaning</b></p> <p><b>Where:</b> Cadet Health Clinic, building 606.  <b>How:</b> Call Dental Clinic @ x-2505/3121 to schedule an appointment.  <b>Frequency:</b> Annual (12-Months)</p>
<p><b>Immunizations</b></p> <p><b>Where:</b> KACH Immunizations  <b>How:</b> Walk-in hours 0800-1130 &amp; 1300-1600. Closed Thur. Afternoon. call x8476  <b>Frequency:</b> <b>Various.</b> Check your Medical profile on AKO through “My Medical”. Upcoming changes will require immunity or updating MMR, Varicella, and Polio!</p>	<p><b>Vision Readiness Screening</b></p> <p><b>First:</b> Bring Army Issued Glasses (NO Contact Lenses) to Admin and complete Vision Screening  <b>Then:</b> Self-refer to Optometry if necessary  <b>How:</b> Call Central Appointments x-7992 to schedule an appointment for new glasses, new prescriptions, or new contacts.  <b>Frequency:</b> Annual (12-Months)</p>

## How can I be 100% Green?

- Don't** rely on your department/directorate executive officer to remind you of due dates, check AKO and stay “up” on your medical needs.
- Set reminders** in Outlook or Sharepoint to accomplish all appointments about 30 days ahead of schedule.
- Request paper copies** for your files. If there's a problem, you'll have a record.
- Scan paper copies** of HIV and Immunizations to HHC in case there is an issue updating at the clinic.

## How do I view my Medical Status in AKO?

Login to AKO and click on the drop-down box through “Self-Service.” Click on “My Medical”, then “click here” next to “Where are my Medical Readiness alerts?” or go to:

<https://www.us.army.mil/suite/page/65>

## What is a PHA and how does this affect me?

The PHA is an **annual** requirement. AKO Medical Readiness (the system that you use to track your medical status) shows your due date as 15 months after your last PHA. However, the requirement is to have a test on file “no older than 12-months.” It is not permissible to wait until month 15 to schedule a PHA. It is imperative that you maintain an annual schedule for the PHA appointment. This will keep us at 100%, while still allowing some reaction time for the busy seasons at KACH.