

You are still responsible for maintaining Individual Medical Readiness (IMR) via up-to-date immunizations and PHAs. You also need to provide any changes to your medical profile. 517 TRG physician assistant's office located at POM will be your POC during your time at NPS. Contact info below:

DSN: 768-5026 Comm: (831) 242-5026

Immunization: calls 866-957-2256 to schedule appointment

Dental: call 656-2477 to schedule appointment

HIV testing: report to POM Med Clinic Lab w/ Military ID and get it drawn

PHAs:

Non-flyers contact PoM (above). Flyers contact Travis AFB below.

- Call (707) 423-3000/(707) 816-5907 or email 60amdsphaclinic@us.af.mil to schedule appointment
- After confirming appointment, go to POMAHC (Presidio of Monterey Army Health Clinic) to pick up your records. They will be hand-carried.
- Travis will only schedule one month out so don't expect to schedule any earlier
- Start early if you want to get a Friday appt
- Complete on-line PHA assessment day prior
 - Log in to the AF Portal with a CAC login
 - Look for the AF Web-Based Health Assessment

<https://asims.afms.mil/webapp/myIMR.aspx>

- Give yourself 30 mins to complete
- Driving Directions Below

150 mi North – about 2.5 hours. Departing between 0400-0430 should be ample time.

- Head north on CA-1 N toward Exit 403
- Continue on CA-156 E (signs for US-101/CA-156/San Jose) (6.4 mi)
- Merge onto CA-156/El Camino Real N/US-101 via the ramp to Hollister/San Francisco Continue to follow US-101 (47.9 mi)
- Take the exit onto I-680 N Partial toll road (71.0 mi)
- Take the exit onto I-80 E toward Sacramento (6.2 mi)
- Exit onto Air Base Pkwy (5.1 mi)