NEW NAVY/USMC/USCG PHA STEPS

Step 1: Sign up for Relay Health OR log into your account.
- Do you have a Relay Health account? If not, sign up today! (https://app.mil.relayhealth.com)
- Request to add provider, search zip code 93944 and select **Army-Presidio of Monterey-PCMH-Family Medicine**. Ensure you have **PHA/PE Provider, Presidio of Monterey** listed as one of your providers).

Step 2: Complete the NEW electronic PHA survey from any computer or smart phone: (https://data.nmcphc.med.navy.mil/pha/)

Step 3: Send message to PHA/PE Provider, Presidio of Monterey via RelayHealth that your self-assessment is complete.
- Subject Line: PHA Survey Complete

Step 4: The PHA Screener will review your package and contact you via RelayHealth to let you know what remaining steps are needed.

Step 5: Once remaining steps are completed the screener will contact you to schedule the face-to-face appointment, which will conclude your PHA process.

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 in passwords.

- 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.

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