

ARNG Periodic Health Assessment (PHA)

What is it? In order to improve individual medical readiness rates, the annual Periodic Health Assessment (PHA) program was implemented in 2008 by the Army as a replacement of the five-year retention physical. The PHA was developed based upon the need to monitor Soldiers' medical readiness, with a special emphasis on preventive measures.

The PHA is a web based document that requires CAC access and consists of two parts. Part one is a self-assessment completed by the Soldier; Part 2 is a face-to-face provider assessment, which is entered into MEDPROS. The PHA is an annual requirement; however, a 3-month "grace period" is provided to facilitate compliance.

What has the ARNG done? Through the diligent management and execution of the PHA program, the ARNG has attained over 70% medical readiness (MRC 1&2). The office of the Chief Surgeon continues to work with the states and territories to ensure compliance with the objectives of the PHA program.

Additionally, the ARNG is offering training to medical managers and healthcare providers to ensure they are fully trained and knowledgeable about the PHA process. The ARNG will continue to provide training classes at future conferences, while also ensuring availability for site visits if requested.

What continued efforts does the ARNG have planned for the future? The ARNG will continue to improve the PHA program, while facilitating states in any way possible. We are currently discussing and evaluating new systems and initiatives that will assist the states in completing PHA requirements. The ARNG is committed to both the PHA program and improving individual medical readiness across the National Guard.

Why is this important to the Army? Closer tracking of a Soldier's health and well-being ensures he or she is available for deployment at any time. The PHA ensures that all Soldiers, including members of the ARNG, regularly see a provider to evaluate their medical readiness, to address any medical issues, and to recommend individualized preventive healthcare measures. Along with the Annual Dental examination the PHA provides the best assessment of the health and deployability of the ARNG force.

Soldiers are the Army's most important asset. Their health and well-being is critical to their medical readiness and ensuring that units are prepared when called upon for deployment.