

MEDICAL GROUP

179th Airlift Wing



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Maintain Individual Medical Readiness Requirements

- RCPHA Yearly
- Dental Exam Yearly
- Eyewear Requirements
- Laboratory Sample Requirements
- Current Immunizations

Tell Medical if You:

- 1 – Start a Medication
- 2 – Are Pregnant
- 3 – Change Glasses Prescription
- 4- Have a Change in your Health

Individual Medical Readiness (IMR) - a term used that encompasses your deployment requirements. Includes Immunizations, Reserve Component Physical Health Assessment, Dental Exam, Eyeglass Requirements and Duty Limitations.

Deployment Health:

- We need to know if a member is not deployable!
- Are you medically ready to deploy if your unit needs you?
- Civilian providers don't know military rules! Tell us if you have changes immediately!



**Know Your Requirements, Know Your IMR!
For Help, Contact any Medical Group Personnel**

