

All information contained in this brochure has been sourced from the following directives:

- **Medical Manual, M6000.1 (series)**
- **Reserve Policy Manual, M1001.28 (series)**
- **Seasonal Influenza (FLU) Immunization Program, ALCOAST 400/10**

For additional info/guidance, review the manual and/or General Message Board for latest ALCOAST.

SELRES must meet all medical criteria listed in this handout to be considered medically ready and deployable.

The CG Portal and CG Business Intelligence (CGBI) is an easy way to monitor readiness. The 'Personal View' tab in CGBI displays colored icons and due dates for each requirement. You Can view your readiness at: <http://cgbi.osc.uscg.mil/2.0/portal/>

Action Required -

❌ Medical Test
Blood Type: Not Completed
Next HIV: 11/22/12
TST: completed
G6PD: completed
Sickle Cell: completed
DNA: completed
You have not met the requirements

Informational - [show details](#)

✔ DLMC	✔ Dental Class: 2	✔ IMR
✔ Eval Due: 09/30/11	✔ Immunizations Next TD: 02/27/13	✔ Influenza Next: 09/01/11
✔ PHA Due: 10/31/11	✔ Clearance Val Current: None	✔ Weigh-In Weight: 169.0 lbs.
- ASQ	- Specialty Exam	

Failure to meet medical readiness standards may result in administrative action.

Periodic Health Assessment (PHA)

PHAs are required annually during the member's birth month or up to 2 months prior to birth month. The PHA will consist of:

- Fleet Health Risk Assessment (HRA)
- Clinical Preventive Services (CPS)
- IMR review and update
- OMSEP review and update
- Problem based examination

Process

1. Use the Navy and Marine Corps Public Health Center (NMCPHC) web page at: <https://www-nehc.med.navy.mil/>
2. Select the Health Risk Assessment tab and follow instructions on the USC Guidance link. **Note: The unit OPFAC is found on LES or by contacting the SPO.**
3. Answer all the questions.
4. Print the report (for appointment).
5. Make a PHA appointment after completing the HRA. If you are assigned to a CG clinic, you must contact clinic for PHA services.

Members not enrolled at a CG Clinic (TRICARE Prime Remote or DoD MTF enrollees) may schedule a PHA appointment by calling the PHA Call Center at 1-888-697-4299. The Fleet HRA self assessment and Dental DD-2813 (located in health record) is required at the appointment.

Request and submit a Reserve Management Period (RMP) for the date of the PHA IAW M1001.28 (series), if applicable.

Dental

Dental screenings are required annually. To meet dental IMR standards, you must be rated as either Class I or II. SELRES who are categorized as Class III or IV will typically not be deployable.

- Class I - All current within 12 months.
- Class II - An oral condition if not treated has a potential to result in dental urgency within 12 months.
- Class III - An oral condition if not treated, is expected to result in dental urgency within 12 months. Class III patients are not considered FFFD.
- Class IV - Patients who require periodic dental examinations or patients with unknown dental classification. Class IV patients are not considered to be FFFD.

Annual screenings are a fully covered benefit under the TRICARE dental program and most civilian dental plans. CG dental treatment facilities may perform the annual dental screening. Members without dental coverage and who are remote (50 plus miles) from a CG dental facility may participate in the Reserve Health Readiness Program (RHRP) dental screening. Call: 1-888-697-4299.



Members who fail to maintain required physical and dental examinations may be subject to disciplinary action.