

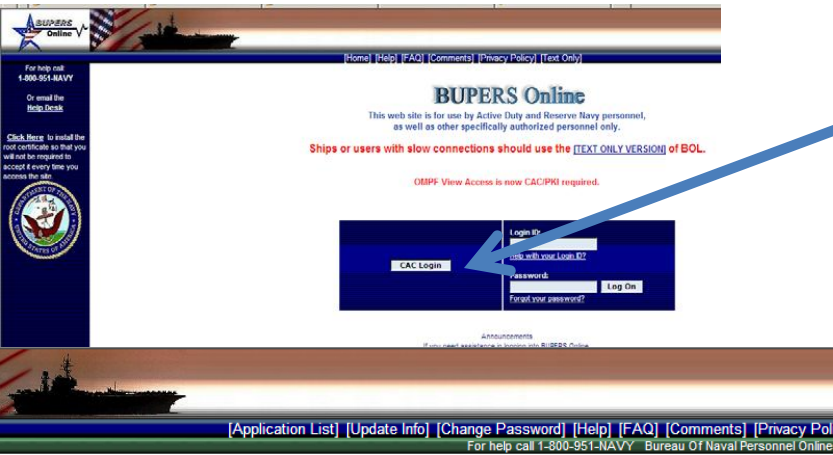
## INDIVIDUAL MEDICAL READINESS

**The next slide illustrates how to check your individual medical readiness.**

**Of Note, There are additional requirements for travel to the African Continent (e.g. Yellow Fever Vaccination). If you are on standby or may be tasked to travel to Africa at a moment's notice, please ensure your readiness to travel by attending the next Travel Soldier Readiness Process ("Travel Clinic") at the Kelley Annex and review Slide 3 of this presentation.**

# To access NAVY IMR status, visit <https://www.bol.navy.mil>

Sailor's overall IMR status is assessed into one of four categories: fully medically ready, partially medically ready, not medically ready and medical readiness indeterminate.



- 1) Log into BUPERS Online (BOL)
- 2) Select link for Individual Medical Readiness (IMR) Status.
- 3) On the next screen, select "LAUNCH MRRS"
- 4) At this point you will be looking at your IMR status. As long as your Due Dates are not expired your IMR is good to go/green.

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Welcome to MRRS(Medical Readiness Reporting System)

IMR is an integral component of force health protection and indicates a Sailor's or Marine's ability to deploy rapidly. IMR is also a direct reflection of a unit's capability to fulfill its mission. Tracking of IMR benefits the service member and unit by ensuring service members are protected against infectious and endemic diseases, can safely receive prophylaxis and treatments, have required medical equipment, and are in a state of dental readiness. Please contact medical to schedule an appointment to resolve any deficiencies you may have.

[PRIVACY ACT](#)      [LAUNCH MRRS](#)      [RETURN TO BOL](#)



Please allow 6 business days from your last appointment date for updates to appear. If updates do not appear within that time frame please contact medical.

<b>Name:</b> AVALOS JORGE <b>UIC:</b> [Redacted] <b>Report Date:</b> 27-Jun-12		<b>IMR Status:</b> Fully Medically Ready <b>Printer Friendly</b>																																																																																																																						
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At this time there is no "Stop Light" chart on this page. As long as your Due Dates are not expired your IMR is green.

**If you are on standby or may be tasked to travel to Africa at a moment's notice, please ensure your readiness to travel by considering the following guidance:**

- **Attend the Travel Soldier Readiness Process ("Travel Clinic") at the Kelley Annex (Generally on Wednesday Afternoons) between 1300-1500, building 3312 next to Community Mail Room. Call Central Appointments at DSN: 371-2622 to make an appointment. This opportunity provides for immunization updates, travel medicine prescriptions, and permethrin/DEET chemical repellants.**
- **If unable to attend this readiness activity, please confer with the Kelley Annex NCOIC on a walk-in basis; immunizations are not available at the Annex other than during Travel SRP currently.**
- **Obtain DEET-containing insect repellent in 24-35% concentration. Available at the Commandant's Supply Custodian or the Kelley Annex, and may be purchased locally through AAFES or some German stores.**
- **Identify mission-appropriate clothing to be worn while traveling in Africa and treat with permethrin. Clothing treated should include at least one layer that may be laundered (not dry clean only), and ideally contain at least some cotton.**
- **Sign out a permethrin-treated pop-up bed net from the Commandant's supply Custodian, located in building 3312, basement level. DEET skin repellent and permethrin treatment for clothing also is available from the Supply Custodian.**
- **Review document, "General Counseling for the Traveler to Africa," found at <http://www.africom.mil/staff-resources/travel-to-africa>**
- **Ensure you maintain on hand an adequate supply of any chronic medications you currently take, plus any items you might need in Africa such as sunscreen, Pepto-Bismol (or generic) tablets, Tylenol or Motrin, etc**