

ARNG Periodic Health Assessment (PHA)

What is it? With units regularly deploying, the ARNG has an increased need to monitor Soldiers' medical readiness, with a special emphasis on preventive measures. In order to improve individual medical readiness rates, the Army has implemented the annual Periodic Health Assessment (PHA) program in place of the five-year retention physical.

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 the face to face provider assessment, which is entered into MEDPROS PULHES are no longer part of the PHA process and are only updated through the E-Profile system.

The PHA is considered current if it has been less than 15 months since the last PHA.

What has the ARNG done? Upon development of the PHA policy, the ARNG created PHA sets to distribute to each of the 54 states and territories. A single set consists of 14 laptop computers and 1 printer (with all required accessories) to be utilized to complete PHAs. Small states received one set; medium states received two or three sets; large states received up to four sets. States are currently using these sets both Soldiers to complete their self-assessment online, and for provider charting during the health assessment,

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.

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.