

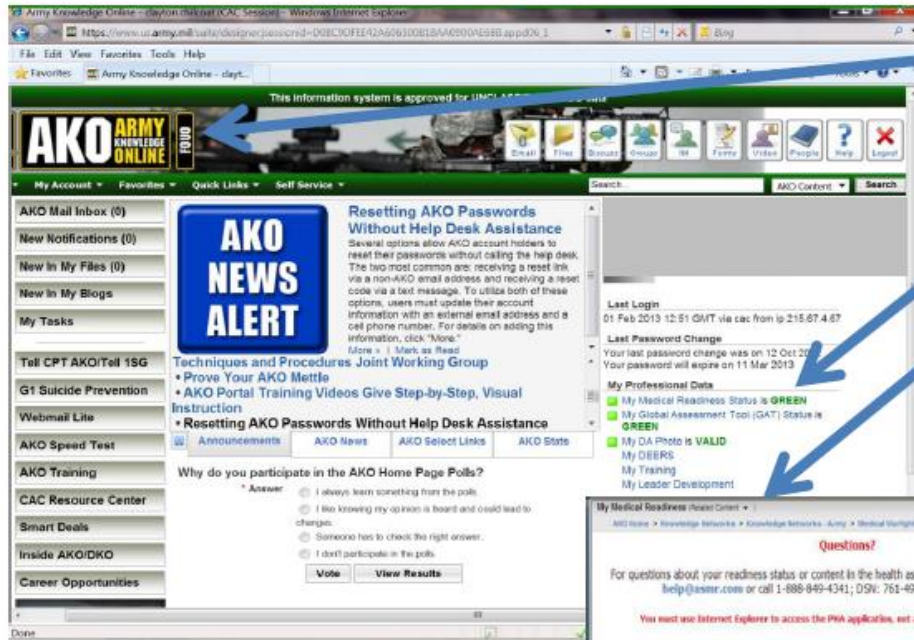


## INDIVIDUAL MEDICAL READINESS

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

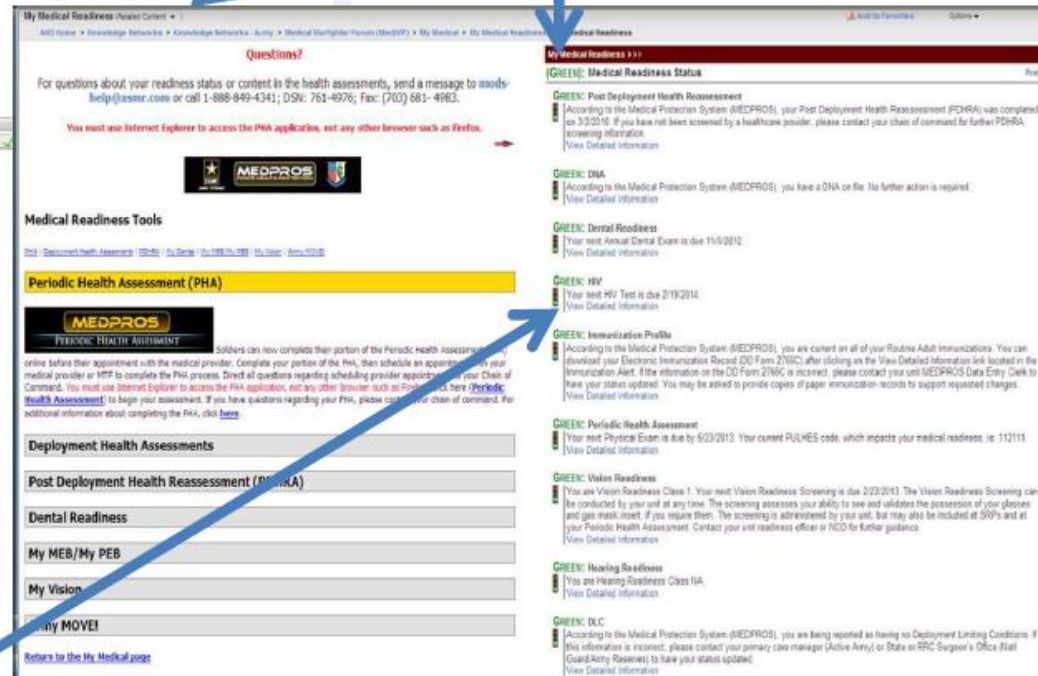
**Of Note, There are additional requirements for travel to the African Continent (e.g. Yellow Fever Vaccination). If you are on standby or may be tasked to travel to Africa at a moment's notice, please ensure your readiness to travel by visiting the Soldier Medical Readiness Clinic and review Slide 3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

To access USA IMR status, visit <https://www.us.army.mil>



- 1) Log onto Army Knowledge Online (AKO)
- 2) Under My Professional Data
- 3) Select "My Medical Readiness Status"
- 4) Review your info on My Medical Readiness page

Each section is color coded to help identify current status:  
-- Green indicates current with requirements (for section)  
-- Yellow indicates a requirement is due  
-- Red indicates overdue (not ready for deployment)



View detailed information links provide information to the Soldier on how to change his/her status indicator to 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:**

- Provide the Traveler's name, DODID #, email address, destination and dates of travel to the USARMY USAG Italy USARAF Mailbox Medical: [usarmy.usag-italy.usaraf.mbx.medical@mail.mil](mailto:usarmy.usag-italy.usaraf.mbx.medical@mail.mil). HHBN Medical team will provide a confirmatory update on your medical readiness status. See next slide.
  
- If identified as needing medical readiness updates please follow directions from the HHBN med team or proceed to the Soldier Medical Readiness Clinic at the Vicenza Army Health Clinic, located in Caserma Ederle Building 2310, Room 1F12. If you need to update your PHA or dental Call Central Appointments at DSN: 636-9000 or COMM: 0111-61-9000 to make an appointment. Clinic hours: Mon-Fri: 0730-1130, 1300-1630 (Closed from 0730-1200 every 3<sup>rd</sup> Thursday). The READINESS team can provide immunization updates, audiology screening, and order labs for PHA and other readiness requirements.
  
- 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, DEET skin repellent and permethrin treatment for clothing available from the HHBN Supply Custodian located on Del Din . DEET-containing insect repellent should be in 24-35% concentration. This may also be purchased locally through AAFES or some local Italian stores.
  
- Review document, "USAFRICOM Travel Health Checklist" found at <https://portal.usaraf.army.mil/staff/tenants/HHBN/SitePages/USARAF%20PA-Medical.aspx>
  
- 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.

# Need medical clearance for travel and / or travel medications for travel to Africa?

**REQUIRED:** for ALL Military and Department of the Army Civilians traveling to Africa regardless of duty type: TDY, leave, deployment, PCS, TCS.

**To initiate medical screening and clearance** - Please email the USARAF Travel Medicine Team at:

- [usarmy.usag-italy.usaraf.mbx.medical@mail.mil](mailto:usarmy.usag-italy.usaraf.mbx.medical@mail.mil)

Please include the following information in your e-mail:

- Destination
- Duration of travel (days on the continent)
- Reason for travel (TDY, leave, emergency leave, etc.)
- EDIP (DoD ID number, preferred)

For additional information and minimum travel related requirements please visit: [www.africom.mil/staff-resources/travel-to-africa](http://www.africom.mil/staff-resources/travel-to-africa)

USARAF Travel Clinic numbers:

Office 1: DSN: 314-637-1641 or Commercial: +39-0444-66-1641

Office 2: DSN: 314-637-1642 or Commercial: +39-0444-66-1642

Above information also found at: [http://rhce.amedd.army.mil/vicenza/services.cfm?MTFInfo\\_id=869](http://rhce.amedd.army.mil/vicenza/services.cfm?MTFInfo_id=869)

## HOW TO COMPLETE PART I of your:

- ANNUAL PHA
  - (PDHA) PRE/POST Deployment Health Assessment
  - (PDHRA) Reassessment
- Go to mods.army.mil (pictured right)
  - Select the MHA (PHA link) in the burgundy banner to the left
  - Log in like you are logging into AKO
  - Select appropriate tab for your needed assessment

The image shows two screenshots of the MODS website. The top screenshot is the main MODS homepage, and the bottom screenshot is the MHA (Medical Health Assessment) page.

**Top Screenshot (MODS Home):**

- Browser tabs: "MWDE Session Timeout: 12 M...", "MODS - Welcome to MODS..."
- Address bar: "https://mods.army.mil"
- Left sidebar (Burgundy banner): "MODS Applications" with a list of links including "MHA (PHA/DHA/Referral Tracking)".
- Main content area: "MODS" logo with an American flag background, and sections for "Getting Started", "News and Events", and "Army links".

**Bottom Screenshot (MHA Page):**

- Browser tabs: "MWDE Session Timeout: 1...", "MODS - Welcome to MO...", "MHA Session Timeout:..."
- Address bar: "https://rc.mods.army.mil/mha/index.jsp"
- Header: "MEDPROS FORCE HEALTH PROTECTION | MHA | MEDICAL HEALTH ASSESSMENTS" with "Forms Referrals Help" links.
- Form fields: "Type SSN, ID, or Scan ID Card", "Enter SSN: SSN:", "Name:", "Rank:", "DOB:", "UIC: W1HH08", "Gender: M".
- Section: "Medical Health Assessments" with a yellow background.
- Navigation tabs: "Pre Deployment DD2795", "Post Deployment DD2796", "Post Deployment Health Reassessment DD2900", "NCA Tracking", "PHA", "SHPE".
- Content: "DHA 2012 Training Material" with a list of links: "DHA 2012 Form Revisions", "DHA 2012 Auto Calculation Methods", "DHA 2012 Summary of Form Changes".

Arrows from the text on the left point to the "MHA (PHA/DHA/Referral Tracking)" link in the top screenshot and the "MHA" tab in the bottom screenshot.