



Reserve Info Bulletin



Improvement in Periodic Health Assessment (PHA) Policy & Process

We listened to your feedback and are improving how you get your PHA! We have decided to allow our Independent Duty Health Services Technicians (IDHSs) to accomplish PHAs. Why does that matter to you? Because they will also be allowed to travel to your unit, once per year, to do PHAs on-site.

To be eligible to complete the PHA, IDHSs must have completed required PHA training and must have a Designated Medical Officer Advisor (DMOA).

Basically, instead of using the Reserve Health Readiness Program (RHRP) to arrange a PHA group event, your unit leadership can request a PHA group event from the clinic and IDHS(s) that are responsible for your unit. One or more IDHSs and/or Medical Officers will come to your unit and get as much done as they can (not only the PHA, but other Individual Medical Readiness (IMR) Services as well, depending on logistics, such as HIV blood draws and immunizations). RHRP will remain an option, however.

If your unit decides to have a PHA group event with CG medics, you'll still need to do your online PHA survey well in advance (at least 14 days), so that once the medics arrive they'll only need to review the PHA with you.

As far as PHA due date and periodicity are concerned, starting in calendar year 2020, everyone will need to get a PHA by the end of their birth month, and no more than 12 months can pass between future PHAs. If you get a PHA done before your birth month, however - for example, at a group event - the month of the group event will become your new PHA due month for subsequent years. There will be no minimum amount of time that must pass between PHAs. Coast Guard Business Intelligence, however, will not reflect these changes until sometime in the spring of 2020, so until then unit leaders will have to keep a close eye on Individual Medical Readiness - more specifically, PHA completion.

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Reserve Info Bulletin



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SUBJ: PERIODIC HEALTH ASSESSMENT (PHA) UPDATE

A. COMDT COGARD WASHINGTON DC 180834 DEC 18/ALCOAST 418/18

B. Coast Guard Periodic Health Assessment (PHA), COMDTINST 6150.3 (series)

1. In response to medical readiness challenges cited by operational commanders, and in alignment with recommendations made by the Access to Health Care Task Force, effective 01 Nov 2019, qualified Coast Guard (CG) Independent Duty Health Services Technicians (IDHS) are authorized to perform PHAs for CG personnel. The intent of this change is to improve medical readiness, provide CG personnel flexibility in how and when they obtain PHAs, and to free up CG Medical Officers (MOs) for more clinical appointments. Qualified IDHSs are those who have completed required PHA training and who have a Designated Medical Officer Advisor (DMOA).

2. Additionally, CG IDHS Technicians will also be authorized to travel to units using TRICARE Prime Remote (TPR) and to Selected Reserve (SELRES) units to conduct group PHA events. During such events, additional Individual Medical Readiness (IMR) services will also be offered as feasible.

3. The Reserve Health Readiness Program (RHRP) remains an option for both in-clinic and group event PHA and IMR completion. An RHRP group event can be considered for 30 or more PHAs, or fewer where there is not an RHRP provider within 50 miles of the unit.

4. During calendar year 2020, HSWL SC will develop procedures to conduct low-risk (as determined by criteria under development) PHAs via telephone or other approved telehealth modality.

5. CG members remain free to request an in-person PHA with a medical officer (MO).

6. During years in which CG members turn 40, 45, or 50 years of age and every year after 50, PHAs must be conducted in-person with an MO. This is also required for high-risk medical conditions and when there is a "fitness for duty" concern.

7. PHA due date and periodicity, starting 01 Jan 2020:

a. No PHAs are required during Initial Entry Training (IET), such as Basic Training, CG Academy, Officer Candidate School, Direct Commission Officer/Petty Officer Training, etc.

b. The first PHA is due by the end of the first birth month following completion of IET.



Reserve Info Bulletin



c. Thereafter, the next PHA is due by the end of the following year's birth month, unless accomplished earlier. If a PHA is accomplished in a month before the birth month, that becomes the new PHA due month for subsequent years.

d. There is no minimum amount of time that must pass between PHAs. This, combined with item 7.c above, is to allow TPR and SELRES units to synchronize their members' PHA due dates during annual PHA Group Events. This constitutes an update to the policy promulgated in REF (A).

e. A PHA must be accomplished every 12 months (not to exceed 12 months).

8. CG members are required to have only one PHA during calendar year 2019; there is no requirement to have more than one.

9. Coast Guard Business Intelligence (CGBI) will be updated in spring 2020 to reflect the changes above.

10. The CGBI update will include the initiation of monthly automated readiness reminders emailed to all CG military personnel.

11. These changes will be implemented into the next revision of REF (B), which will be released within the next year.

12. POC: CAPT Shane C. Steiner (Chief, Operational Medicine, COMDT (CG-1121)), 202-475-5256, E-mail: Shane.C.Steiner@uscg.mil.

13. Released by RADM Dana L. Thomas, Director, Health, Safety, and Work-Life.

14. Internet release is authorized.