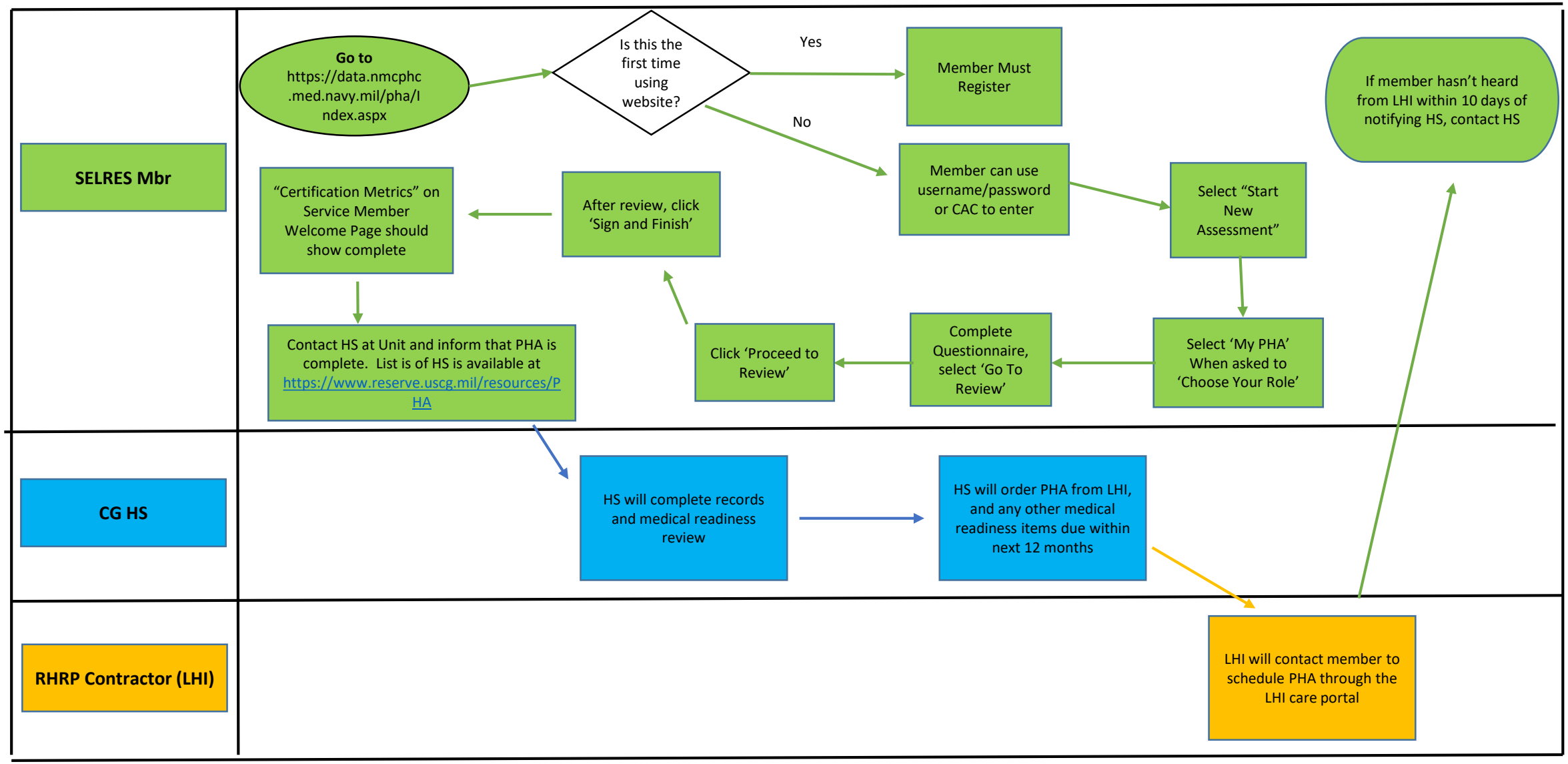
SELRES Mbr
Go to https://data.nmcphc.med.navy.mil/pha/Index.aspx
Is this the first time using website?
Yes
Member Must Register
No
Member can use username/password or CAC to enter
Select "Start New Assessment"
Select 'My PHA' When asked to 'Choose Your Role'
Complete Questionnaire, select 'Go To Review'
Click 'Proceed to Review'
After review, click 'Sign and Finish'
"Certification Metrics" on Service Member Welcome Page should show complete
Contact HS at Unit and inform that PHA is complete. List is of HS is available at https://www.reserve.uscg.mil/resources/PHA
If member hasn't heard from LHI within 10 days of notifying HS, contact HS
CG HS
HS will complete records and medical readiness review
HS will order PHA from LHI, and any other medical readiness items due within next 12 months
RHRP Contractor (LHI)
LHI will contact member to schedule PHA through the LHI care portal