

# FORGING THE FUTURE:



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## Friday FACTS

9 May 2003

"Leadership, Partnership, and Championship"

### PREVENTIVE HEALTH ASSESSMENT (PHA)

#### WHAT'S NEW!

#### NOW AVAILABLE ON NAVY ENVIRONMENTAL HEALTH CENTER (NEHC) WEBSITE

NAVADMIN 043/03 released 14 Feb 03. THIS MESSAGE ESTABLISHES JANUARY 2004 VICE JANUARY 2003 AS THE REQUIRED DATE FOR COMPLETION OF PREVENTIVE HEALTH ASSESSMENTS (PHA) FOR PHYSICAL CONDITIONING AND PHYSICAL READINESS TESTING (PRT): THIS CHANGE ALLOWS LEVEL LOADING OF PHA WORKLOAD AT MEDICAL FACILITIES.

**FAQ's** - 14 questions and answers of interest - for line and medical staff, PRT coordinators and individuals to help be consistent with PHA implementation.

#### Get answers to the following questions:

1. Why do we need to complete the Preventive Health Assessment?
2. Is completion of the SF600 in the PRIMS system the same as a PHA?
3. What areas are included in the Preventive Health Assessment?
4. Is the PHA required for line commands?
5. When are all members required to have completed their initial PHA?
6. Does the PHA eliminate the requirement for the five-year periodic physical exam or any other required specialty examination?
7. How do we document the PHA?
8. How can we add the PHA to our SAMS Database?/To run Inquiry/Print Report:
9. Does a member need to complete the PHA even if they have answered "no" to all the questions on the Physical Activity Risk Factor Questionnaire (PARFQ)?
10. How can a member be cleared for physical conditioning or a Physical Fitness Assessment (PFA) if the PHA is not yet available?
11. If a member has answered "yes" to questions on the PARFQ or has identified risk factors for physical conditioning, who can authorize clearance to participate in command sponsored conditioning or the PFA?
12. How can a member obtain PFA clearance if the Primary Care Manager (PCM) is an Air Force, Army, Coast Guard or civilian provider?
13. How should we code the PHA visit into CHCS?
14. Who can I talk to if I need additional information?

If you need additional information/guidance on the PHA, please contact Steve Heaston at (757) 953-0962, DSN 377-0962, e-mail: [heastons@nehc.med.navy.mil](mailto:heastons@nehc.med.navy.mil) or HMC Christine Cardoza (757) 953-0972, DSN 377-0962, e-mail: [cardozac@nehc.med.navy.mil](mailto:cardozac@nehc.med.navy.mil) or CDR Sonja Pyle at the Bureau of Medicine and Surgery (BUMED), Health Promotion (202) 762-1663, DSN 762-1663, e-mail: [SMPyle@us.med.navy.mil](mailto:SMPyle@us.med.navy.mil).

Log on today!! <http://www-nehc.med.navy.mil/hp/cps/policy&guidance.htm>

**A good head and a good heart are always a formidable combination." - Nelson Mandela**