



Physical Exams (PHA)

For active duty personnel their Periodic Health Assessments (PHA) should be updated and completed by their assigned medical provider where they are seen. PHAs will be scheduled by the following process:

Soldiers must complete their portion of the PHA online, using the following steps:

- Log on to Army Knowledge Online (AKO)
- Select my Medical Readiness
- Select New PHA Form DD 2766
- Service member should complete their portion of the form, then schedule an appointment with their medical provider to complete the PHA process, then obtain labs as needed based on age

To schedule an appointment for Soldiers enrolled to Family Health Clinic, Internal Medicine Clinic, Troop Medical Clinic 2, or Lighthouse Clinic (Fort Story):

Call Hampton Road Appointment Center (HRAC) and request a PHA appointment

- OR -

TOL and add to comments PHA

Fort Eustis Permanent Party Pre-Appointment Lab Instructions:

- Go directly to lab at least 3 days prior to PHA appointment
- Report to Laboratory on the 1st floor of Building 576 during hours of, Monday – Friday, 0700 – 1630
- All PHA blood work needs to be in a fasting state. Nothing to eat or drink (except water and medications) for 10-12 hours prior to going to lab

Females	Males
<ul style="list-style-type: none"> • 24 yrs and under: Urine GC/CT • 40 - 44: Fasting blood glucose • 45+: Lipid profile 	<ul style="list-style-type: none"> • 35-39: Lipid profile • 40+: Fasting blood glucose

Remember: All Soldiers need vision and hearing screenings. If you wear eyeglasses or contacts, please bring them to the appointment.

AIT Pre-Appointment Instructions:

- Submit sick call slip through their Platoon Sergeant for an appointment
- Follow “Lab Instructions” as above for permanent party (as applicable by age)

Fort Story Permanent Party Pre-Appointment Lab Instructions (Walk-in hours M–F, 0830–1030):

- Go directly to Lighthouse Clinic at least 3 days prior to PHA appointment. Report to clinic during walk-in hours
- All PHA blood work needs to be in a fasting state: nothing to eat or drink (except water and medications) for 10-12 hours prior to going to lab

Females	Males
<ul style="list-style-type: none"> • 24 years and under: Urine GC/CT • 40 - 44: Fasting blood glucose • 45+: Lipid profile 	<ul style="list-style-type: none"> • 35-39: Lipid profile • 40+: Fasting blood glucose