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NAVADMIN 251/21

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SUBJ/2021 PERIODIC HEALTH ASSESSMENT AND POST DEPLOYMENT HEALTH RE-ASSESSMENT  
IN SUPPORT OF THE PHYSICAL READINESS PROGRAM POLICY//

REF/A/DOC/OPNAV/11JUL11//  
REF/B/DOC/NAVADMIN/JUN21//  
REF/C/DOC/DOD/09JUN2014//  
REF/D/DOC/SECNAV/14JUN2019//  
REF/E/DOC/OPNAV/01FEB2016

NARR/REF A IS OPNAV INSTRUCTION 6110.1J PHYSICAL READINESS PROGRAM.  
REF B IS NAVADMIN 129/21, PHYSICAL READINESS PROGRAM UPDATE FOR CALENDAR YEAR  
2021 PHYSICAL FITNESS ASSESSMENT.  
REF C IS DoDI 6025.19 INDIVIDUAL MEDICAL READINESS.  
REF D IS SECNAVINST 6120.3A, PERIODIC HEALTH ASSESSMENT FOR INDIVIDUAL  
MEDICAL READINESS.  
REF E IS OPNAVINST 6100.3A CH-1, DEPLOYMENT HEALTH ASSESSMENT PROCESS.  
POC/BUMED, FORCE MEDICAL READINESS/  
EMAIL: USN.NCR.BUMEDFCHVA.LIST.M34(AT)MAIL.MIL.

RMKS/1. Per references (a) and (b), prior to a Sailor participating in the  
Physical Fitness Assessment (PFA) in the fall of 2021, completion of a  
Physical Activity Risk Factor Questionnaire (PARFQ) is required. A Periodic  
Health Assessment (PHA) within the past 12 months, as well as a Post-  
Deployment Health Re-Assessment (PDHRA) when applicable, is required for  
completion of the PARFQ.  
This NAVADMIN provides guidance for completion of the PHA and/or PDHRA prior  
to a Sailors participation in the fall 2021 PFA.

## 2. Medical Cognizance

a. The Bureau of Medicine and Surgery (BUMED) has established Medical  
Cognizance (MEDCOG) for medical readiness purposes for every unit in the  
Navy, both Active and Reserve, based on physical location. MEDCOG support  
responsibilities are prescribed to Navy Medicine Readiness and Training  
Commands (NAVMEDETRNCOM), located at Military Treatment Facilities. Each  
NAVMEDETRNCOM utilizes their Operational Forces Medical Liaison Services  
(OFMLS) as well as the Readiness clinics to support all Sailors within their

MEDCOG.

b. Sailors or Commands who are remote or without an embedded medical provider capable of performing these assessments will access a provider via MEDCOG, by contacting the appropriate point of contact (POC) as outlined in paragraph 4.a. of this NAVADMIN in order to schedule their assessments. If Sailors or Commands are uncertain which NAVMEDREADTRNCOM MEDCOG POC is assigned to their unit, they can contact the designated POC for Naval Medical Forces Pacific or Atlantic as appropriate for their unit per section 4.b. and 4.c. of this NAVADMIN. When available, an embedded medical provider or locally available Department of Defense medical provider should be used to complete the PHA and/or PDHRA.

### 3. Sailor Responsibilities and Procedures

a. Each Sailor is required by references (c), (d), and (e) to maintain his or her medical readiness requirements, including the completion of the PHA and PDHRA. The Sailor must complete his or her portion of the specified assessment(s) prior to contacting his or her medical department or the NAVMEDREADTRNCOM.

b. In order to complete Part I of either assessment, the Sailor must log in with their Common Access Card (CAC) to the new electronic Health Assessment (EHA) website. The electronic Periodic Health Assessment (EPHA) and electronic Deployment Health Assessment (EDHA) websites are consolidated into a single site called the electronic Health Assessment (EHA) website, located at <https://data.nmcpmc.med.navy.mil/eha/>. Both the EPHA and EDHA websites have a redirect notice to the EHA website, and both currently maintain functionality if there is an issue accessing the EHA site.

c. When a Sailor needs to complete a PHA, he or she must select My PHA under the PHA link, then click Start New Assessment.

d. When a Sailor needs to complete any deployment related health assessment, including the PDHRA, he or she must select Deployer under EDHA. If an assessment is required, it will be highlighted with an orange Start button, and correspond to the Sailors outstanding assessments reported in the Medical Readiness Reporting System (MRRS).

e. In the event the MRRS required deployment related health assessment is not highlighted appropriately with the orange Start button, a Sailor can bypass this by selecting the blue Report a New Assessment button or blue Report a New Standalone Deployment Mental Health Assessment (DMHA) button if only a mental health assessment is required.

f. Upon completion of the Service member portion of a PHA, PDHRA, or other assessment on the EHA website, Service members must contact their embedded medical POC or identified MEDCOG POC, per paragraph 4 of this NAVADMIN, to schedule the record review and Provider portion of the assessment, Part II. Both Part I and Part II must be complete in order for a Service members PHA, PDHRA, or other EHA to be certified.

### 4. MEDCOG POCs

a. Naval Medical Forces Pacific (NAVMEDFORPAC) and Atlantic (NAVMEDFORLANT) have established regional support strategies specific to their MEDCOGs, which are kept up to date and can be found at: [https://esportal.med.navy.mil/bumed/rh/m3/M34/SMMR/PHA\\_Regional\\_POCs/default.aspx](https://esportal.med.navy.mil/bumed/rh/m3/M34/SMMR/PHA_Regional_POCs/default.aspx)

b. The NAVMEDFORPAC POC can be reached at: [usn.san-diego.navmedwestsanca.mbx.forc-medical-readiness-pha1\(AT\)mail.mil](mailto:usn.san-diego.navmedwestsanca.mbx.forc-medical-readiness-pha1(AT)mail.mil).

c. The NAVMEDFORLANT POC can be reached at:

usn.hampton-roads.navmedeastporsva.mbx.medlant-pha(AT)mail.mil.

5. User Feedback

The assessment questions are defined by DoD requirements and cannot be changed without DoD approval. However, user feedback about website functionality or user experience can be reached at usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-pha1(AT)mail.mil.

6. BUMED POCs

BUMED POCs for the EHA website development can be reached at usn.ncr.bumedfchva.list.m34(AT)mail.mil.

7. This NAVADMIN remains in effect until superseded or cancelled, whichever comes first.

8. Released by Mr. Andrew S. Haeuptle, Director, Navy Staff.//

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