



## My Medical Readiness

Active Duty (AD) Army, USAR and GUARD soldiers can view their medical readiness status, download health records (immunization, medical readiness and hearing), view/download latest eyeglass prescriptions and complete the Deployment and Periodic Health Assessments. Click on the below web address to MYMEDPROS and use your AKO ID & password to login

<https://apps.mods.army.mil/medpros/mymedicalreadiness/medical.aspx>

**NEW!** Every soldier needs at least one normal Periodic Health Assessment (PHA) (enhanced AMC) every 12 months.

AMC= Annual Medical Certificate (AMC), DD Form 7349 is discontinued effective JAN 2008 per AR40-501.

DD 2808/2807-1, Medical Exam/Medical History, The every 5 year Military physical for USAR/GUARD is discontinued in 95% of all applications.

A Chapter II, Army physical on DD 2808/2807-1 is still required for enlistment and Commissioning (E.g., Direct commission, OCS and ROTC) and a very few selected schools. See applicable regulations.

### INSTRUCTIONS FOR PERIODIC HEALTH ASSESSMENT (PHA)

**STEP ONE:** Log onto AKO (not AKO Lite);

**STEP TWO:** Go to your "my medical" (stop light), click more;

**STEP THREE:** At next screen find MEDPROS Periodic Health Assessment (PHA) open;

**STEP FOUR:** Open follow on screen directions and begin form;

**STEP FIVE:** After form is complete you may need to schedule yourself for part two of the PHA height/weight, labs, EKG etc.

**NOTES:** New system is looking for results and will accept military or civilian lab reports and procedures like blood test for cholesterol, pap test, mammogram test results, colonoscopy, etc.