

INSTRUCTIONS FOR PERIODIC HEALTH ASSESSMENT (PHA)

STEP ONE: Log on to 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 your self for part two the PHA height weight labs EKG etc.

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