

PHA PART 1 CHECKLIST

1. COMPLETE ONLINE QUESTIONNAIRE

ARMY: AKO

Air Force: <https://AFwebha.brooks.af.mil>

NAVY/Marine: <https://nmcpeh-web2.med.navy.mil/pls/newhra/hra>

(MUST PRINT AND BRING WITH YOU; Login is your UIC)

2. PREPARE FOR FASTING LABS

For fasting labs do not eat or drink 12 hours prior to your scheduled appointment

(WATER ONLY)

Labs may include: Fasting Lipids panel, Fasting Blood Sugar, HIV Draw

3. IF YOU WEAR GLASSES

Ensure that you take your contacts **out** 24 hours **prior** to your appointment. **BRING YOUR GLASSES!** Your vision has to be screened both corrected and uncorrected.