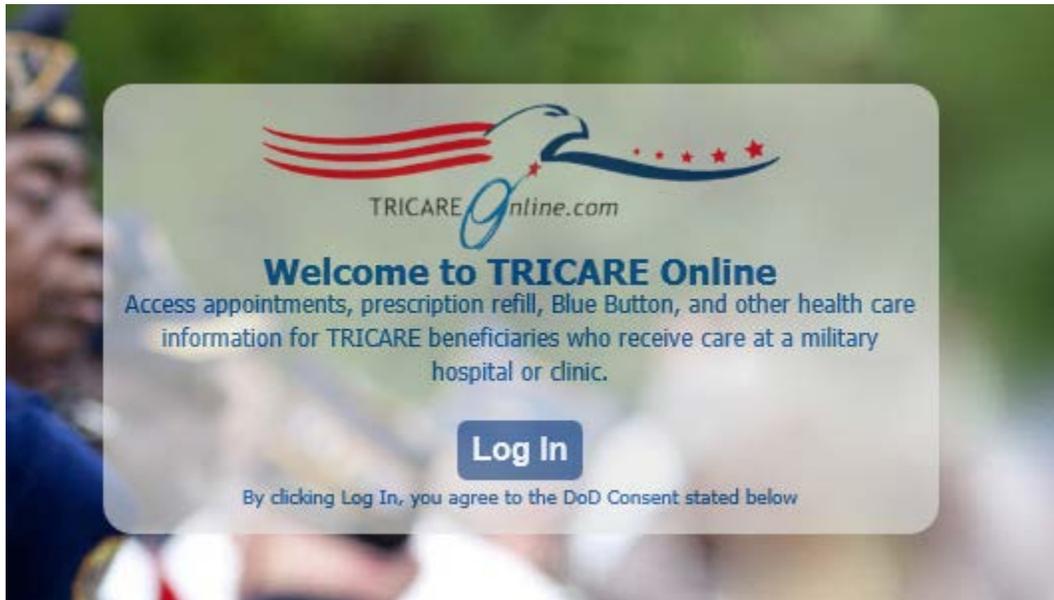


Medical Readiness Online Booking Instructions



<https://www.tricareonline.com>

STEP 1: Press the Log in button. * In order to book a PHA Part 1 through Tricare Online you must first register with Tricare Online.

A screenshot of the TRICARE Online.com login page. The page has a blue header with the TRICARE Online.com logo on the left and a "Help Center" link with a question mark icon and a "-AA+" accessibility icon on the right. Below the header is a light orange box with the text "Access TRICARE Online using one of the methods below". There are three main login options, each with a "Login" button at the bottom:

- DS LOGON** (with a question mark icon): Labeled "Department of Defense Self-Service". It includes input fields for "DS Logon Username" and "DS Logon Password", and links for "Forgot DS Logon Username?" and "Forgot DS Logon Password?".
- CAC** (with a question mark icon): Labeled "Common Access Card". It features a "Rectangular" dropdown menu and an image of a sample Common Access Card (CAC) with the word "SAMPLE" in red. Below the image is a "Login" button.
- DFAS myPay PIN** (with a question mark icon): Labeled "Defense Finance and Accounting Service". It includes input fields for "MyPay Login Id" and "MyPay Password", and links for "Forgot DFAS MyPay Login Id?" and "Forgot DFAS MyPay Password?".

STEP 2: Once you login it will bring you to this screen. Log in using your CAC. Use your DoD certificate (DO NOT USE) DoD Email certificate.

TRICARE Online.com Last Login: 13 Nov 2014 11:15
Today's Date: Wednesday 19 Nov 2014

Home My Profile Resource Center Contact Us Survey FAQ Logout

Welcome to TRICARE Online, [REDACTED]
 Your Military Treatment Facility is DiLorenzo Tricare Health Clin
 Your primary care manager is PORTER, MEREDITH L
 Your family sponsor is Dustin Hall
 No family members found

[Need Help? Contact Us](#)

Appointment Center

Schedule, view, and cancel military hospital or clinic appointments. Set up and receive email and text message reminders. Act on behalf of yourself and your family members.

Blue Button

Securely view, download, print, or share your lab results, radiology results, medication profile, allergy profile, encounters, problem lists, immunizations, and vital signs.

Rx Refill

Refill your prescriptions for military hospital or clinic pick-up. Check your prescription status. Act on behalf of yourself and your family members.

Service Separation

Access medical information and services designed for Service members separating from active duty or the reserves. Information includes how to file a pre-separation claim, schedule your Separation History and Physical Examination (SHPE), and more.

Quick Links to Sites External to TOL

[Secure Messaging](#)

- [TRICARE.mil](#)
- [TRICARE Claims/Referrals \(My TRICARE managed by PGBA\)](#)
- [TRICARE 4 U \(WPS\)](#)
- [TRICARE North \(Healthnet\)](#)
- [TRICARE South \(Humana\)](#)
- [TRICARE West \(United Health\)](#)
- [TRICARE Overseas \(International SOS\)](#)
- [TRICARE for Guard and Reserve \(TRICARE Reserve Select \(TRS\)\)](#)
- [TRICARE Beneficiary Web Enrollment](#)
- [Manage Your DS Logon Account](#)
- [Update Your Address](#)
- [TRICARE Dental Benefits \(MetLife\)](#)
- [milConnect](#)

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STEP 3: Click on Appointment Center

Book an Appointment

For who:

Reason: **Search**

MTF Site Message:
****DiLorenzo TRICARE Health Clinic****
Guidelines for booking your appointment online

Appointment Within Next 24 Hours: For issues needing attention within 24 hours.

Follow Up Visit: For non-urgent, new, existing, or follow-up issues. NOT for PAP or Well Woman Exams.

PAP Smear with PCM: ONLY for PAP or Well Woman Exams. If booked for any reason other than PAP or Well Woman, appointment will be re-scheduled.

Preventive Health Assessment: ONLY PHA Part I can be booked using TRICARE Online. PHA Part II, retirement/separation physicals, sea duty screenings, aviation physicals, Pre-/Post-Deployment or Post-Deployment Health Re-Assessment Appointments CANNOT be booked online. Please call Medical Readiness at 703-692-8965/1036 to schedule any of these appointments.

Appointment Reminders
 To define defaults for your email/text message reminders, click [My Profile](#).

Future Appointments for Me
 There are no future appointments currently booked.

Disclaimers Privacy & Security Policy Accessibility/Section 508 Site Map

STEP 4: On the Drop down Menu next to "Reason" click "Preventive Health Assessment" followed by the Search button.

Please click on a time that you are interested in booking. You will be asked again before confirming the appointment.

November 2014						
SUN	MON	TUE	WED	THU	FRI	SAT
				13 *	14 *	15 *
16 *	17 *	18 *	19 *	20 *	21 *	22 *
23 *	24 *	25 *	26 *	27 *	28 *	29 *
	08:30 09:30 10:00 10:30 11:00	07:30 08:00 08:30 09:00 09:30 10:00 10:30 11:00	07:30 08:00 08:30 09:00 09:30 10:00 10:30 11:00			
30 *						
December 2014						
SUN	MON	TUE	WED	THU	FRI	SAT

STEP 5: Select and click a convenient date and time

Make appointment for: Me

You have selected but not yet booked the following appointment. Please review appointment information.

Date: 11/24/14
Time: 08:30 AM [EST]
Health Care Provider: JOHNSON, WANDA R
Appointment Location: PHYS EXAM DI
Facility: DiLorenzo TRICARE Health Clinic

***Reason For Appointment:**
Please enter a brief description of the reason for the appointment below:

Example: I need my cast removed

No, Thanks **I'll Take It!**

*Required Fields

STEP 6: In the "Reason For Appointment" box type in your branch of service and "Part 1" followed by your requested readiness physical: PHA/ Pre-Deployment/ Separation/ Retirement/ Schools/ Sea Duty/ Overseas/ PDHRA/ DHA

Special Instructions

For all Part 1 Physicals, all service members should fast 12 hours prior to appointment in the event that fasting labs are required. If you wear glasses or contacts, you must remove your contacts 24 hours prior to your appointment date and bring your glasses. Medical Readiness does have computer stations but it is recommended that your online medical assessments are done prior to your appointment. Navy/ Marine/ Air Force personnel must bring a printed copy of your online assessments.

Online Assessment Websites

ARMY: AKO

AIR FORCE: <https://AFwebha.brooks.af.mil>

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