



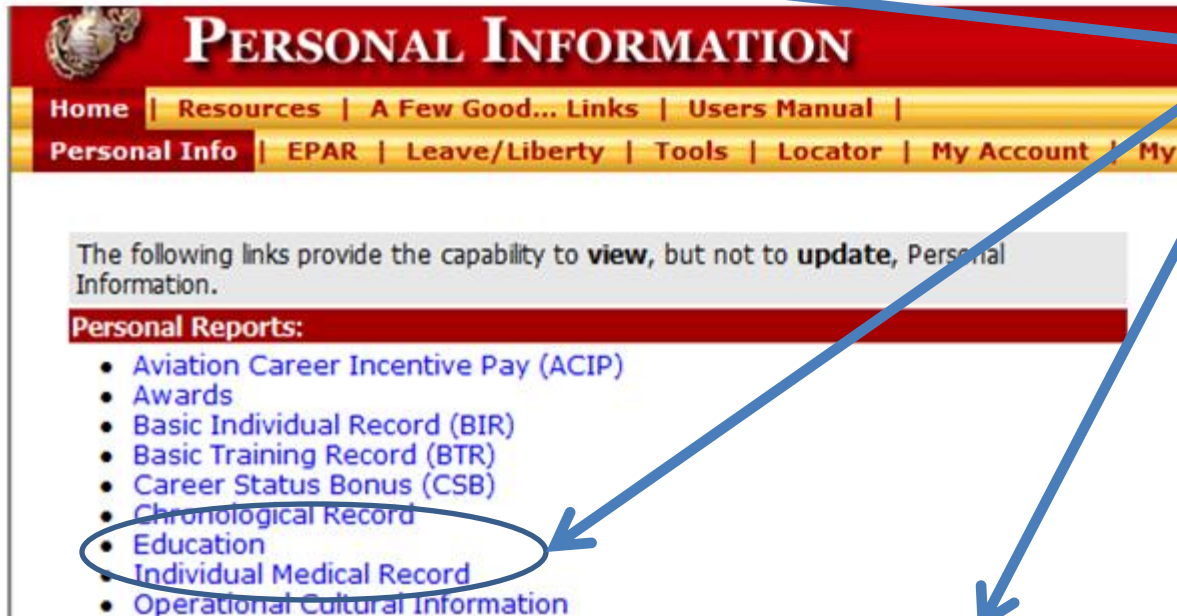
INDIVIDUAL MEDICAL READINESS

The next slide illustrates how to check your individual medical readiness.

Of Note, There are additional requirements for travel to the African Continent (e.g. Yellow Fever Vaccination). If you are on standby or may be tasked to travel to Africa at a moment's notice, please ensure your readiness to travel by attending the next Travel Soldier Readiness Process ("Travel Clinic") at the Kelley Annex and review Slide 3 of this presentation.

To access USMC IMR Status, visit <https://sso.mol.usmc.mil/>

Overall IMR status is assessed into one of four categories: fully medically ready, partially medically ready, not medically ready and medical readiness indeterminate.



- 1) Log onto Marine Online (MOL)
- 2) Select "Personal Info"
- 3) Select "Individual Medical Record"
- 4) Review status under the immunizations

The screenshot shows the "Immunizations & Tests Shots" table. The table has a header with columns: TYPE, SERIES, REQUIRED, DATE GIVEN, DUE DATE, NAME, TEST DATE, RESULTS, and DUE DATE. Below the header, there are two large grey boxes, each containing the text "Verify data here". A blue oval is drawn around the table area, and a blue arrow points from the "Individual Medical Record" link in the previous screenshot to the table.

TYPE	SERIES	REQUIRED	DATE GIVEN	DUE DATE	NAME	TEST DATE	RESULTS	DUE DATE
Verify data here					Verify data here			

If you are on standby or may be tasked to travel to Africa at a moment's notice, please ensure your readiness to travel by considering the following guidance:

- **Attend the Travel Soldier Readiness Process ("Travel Clinic") at the Kelley Annex (Generally on Wednesday Afternoons) between 1300-1500, building 3312 next to Community Mail Room. Call Central Appointments at DSN: 371-2622 to make an appointment. This opportunity provides for immunization updates, travel medicine prescriptions, and permethrin/DEET chemical repellants.**
- **If unable to attend this readiness activity, please confer with the Kelley Annex NCOIC on a walk-in basis; immunizations are not available at the Annex other than during Travel SRP currently.**
- **Obtain DEET-containing insect repellent in 24-35% concentration. Available at the Commandant's Supply Custodian or the Kelley Annex, and may be purchased locally through AAFES or some German stores.**
- **Identify mission-appropriate clothing to be worn while traveling in Africa and treat with permethrin. Clothing treated should include at least one layer that may be laundered (not dry clean only), and ideally contain at least some cotton.**
- **Sign out a permethrin-treated pop-up bed net from the Commandant's supply Custodian, located in building 3312, basement level. DEET skin repellent and permethrin treatment for clothing also is available from the Supply Custodian.**
- **Review document, "General Counseling for the Traveler to Africa," found at <http://www.africom.mil/staff-resources/travel-to-africa>**
- **Ensure you maintain on hand an adequate supply of any chronic medications you currently take, plus any items you might need in Africa such as sunscreen, Pepto-Bismol (or generic) tablets, Tylenol or Motrin, etc**