



U.S. AIR FORCE

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 USAF IMR status (My IMR), visit <https://imr.afms.mil/imr/MyIMR.aspx>

This is an overview of IMR status.

There are three sections to review IMR status: Immunizations, Medical Readiness, and Deployment Health Assessments

Dates are provided to indicate when the last action was taken, and sometimes indicates when the next action is due.

Each section is color coded to help identify current status:

- Green indicates current with requirements (for section)
- Yellow indicates a requirement is due
- Red indicates overdue (not ready for deployment)

The screenshot shows the MyIMR web application interface. It features three main sections: Immunizations, Medical Readiness, and Deployment Health Assessments. The Immunizations table lists various vaccines with their series, dates, and next due dates. The Medical Readiness section includes a PHA table with overall status and detailed medical history. The Deployment Health Assessments table lists various forms with their dates and completion status. A 'For More Information Contact' section provides instructions for users.

Immunization	Series	Date	Next Due
Anthrax	5	11 Sep 2007	11 Sep 2008
Hep A	2	20 Nov 1998	
Influenza	16	24 Sep 2012	1 Sep 2013
MMR	2	28 Oct 2011	
Polio	1	14 Oct 1998	
Td	3	15 Nov 2010	15 Nov 2020

PHA	Dental	Labs	Profile	Med Equipment	Other
Current	Current	Current	Ready	Current	
Web HA: 7 Jun 2012	Dental Class: 1	Blood Type: O	Restriction: No	GMI Required: Yes	ANAM Date: -
Interval History: 7 Jun 2012	Dental Date: 15 Jan 2013	RH: Positive		GMI Issued: 22 Nov 2010	
DD2766 Review and Update: 19 Jun 2012		Sickle Cell: Negative		GMI Type: MAG1	
Provider Review/Signature: 19 Jun 2012		G6PD: Normal			
Last In-Person Visit: 19 Jun 2012		HIV Date: 26 Jun 2012			
		DNA: On File			

Form	Form Date	Deploy Date	Return Date	Closed Date
PDHRA (DD2900)	03/02/2009	12/31/2007	07/04/2008	03/18/2009
Post-Deployment (DD2796)	06/27/2008	12/31/2007	07/04/2008	06/28/2008
Pre-Deployment (DD2795)	09/13/2007	10/12/2007	-	09/13/2007
Post-Deployment (DD2796)	09/15/2006	05/09/2006	09/12/2006	09/15/2006
Post-Deployment (DD2796)	09/08/2006	05/09/2006	09/12/2006	09/08/2006
Pre-Deployment (DD2795)	04/26/2006	04/26/2006	-	04/26/2006

For More Information Contact

ALL PHA/HRR: ALL Red/Yellow - Complete the webHA at <https://afwebha.afms.mil/>

THOSE WHO ARE:

- Ramstein Family Health/members not on flying status: Await further instructions via email. Please allow at least 30 days for WEB HA review and provider signature.
- Members on Flying Status/PRP, contact 479-2282
- If you are assigned to LRMC, call 486-7106/6792
- GSU members:
 - Contact your PCM to schedule your PHA
 - Complete the GSU Checklist: https://sg2.usafe.af.mil/misc/docs/GSU_PHA_Checklist-Ramstein.doc
 - Email GSU checklist to 86amds.pha@ramstein.af.mil

DENTAL: Red/Yellow-Contact your UHM to make an appointment (if your UHM has a

PLEASE SEE NEXT SLIDE ----->

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**