

1. Scheduling Notification

- LHI sends up to 3 requests
- If unsuccessful, LHI sends one final call

2. Appointment Selection

- LHI sends on appt confirmation upon scheduling
- Includes timeframe & date

3. Appointment confirmation

- Notifications are sent to SM preferred method of communication
- Recommend to "opt in" for text messages

4. Appointment reminder

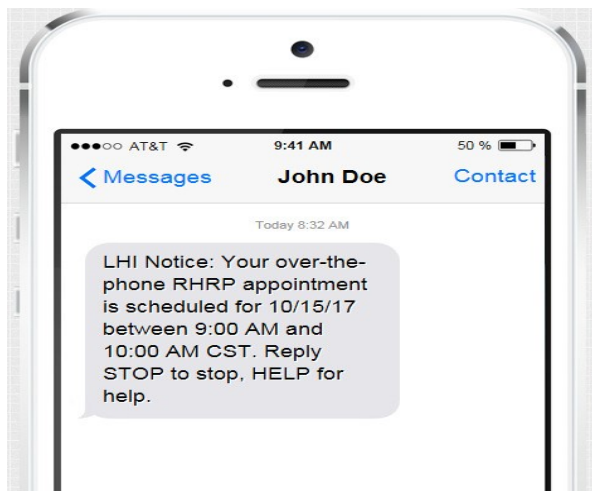
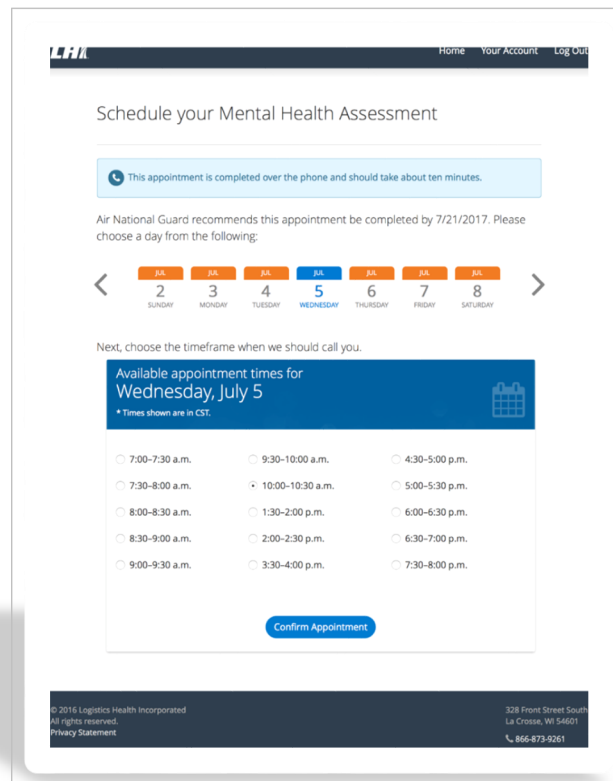
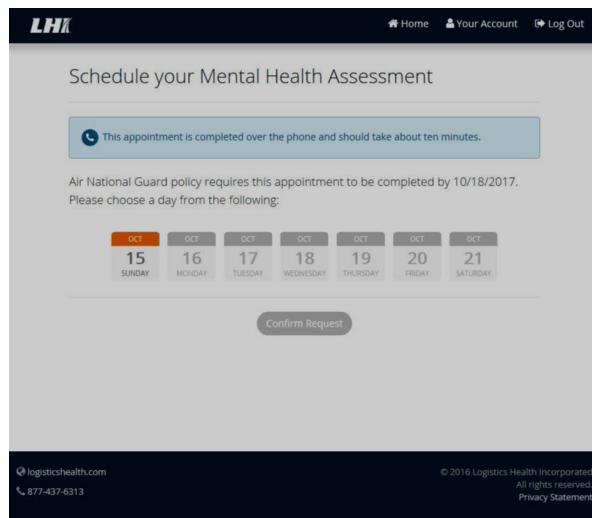
- SM receives 24hr appt reminder
- Includes date & timeframe

5. MHA Call with LHI Provider

- LHI calls SM during scheduled time
- LHI provider completes MHA

6. Satisfaction Survey

- SM can provide feedback
- Reviewed for continual improvements



Reaching New Heights in Readiness Together!

Information on How To Complete Your Preventive Health Assessment Questionnaire



COMPLETING YOUR PREVENTIVE HEALTH ASSESSMENT

Start with the PHAQ

1. Log into the Air Force Portal Homepage at



<https://www.my.af.mil/>

2. Under Quick Links, type “MyIMR” and select MyIMR/ASIMS-Medical Readiness
3. Click on “PHAQ” under IMR Action List
4. Answer PHAQ questions
5. When finished, non-flyers will be directed to complete MHA at LHI.Care.

Note: Flyers complete the MHA during their Fly PHA

The Mental Health Assessment (MHA) is an annual requirement driven by Federal Law.

Mental Health Assessment (MHA)

6. After completing PHAQ, wait 15 minutes and then log into LHI.Care
7. After accessing LHI.care, confirm information to receive verification code
8. Enter verification code and press continue
9. Create Username/Password
10. Confirm account information is up to date.
11. Update demographic info with info where you can be reached.

KEYS TO SUCCESS

- **“opt in” to receive text messages**
- **List mobile number for contact.**
- **Do not use Guard duty phone/email**
- **Call (877)437-6313 if your personal information does not match**

12. Schedule Mental Health Assessment to be completed over the phone with LHI.
13. LHI notifies you of upcoming appointment after scheduling and 24 hours prior to the appointment.

Phone Call

12. LHI will call you to complete the Mental Health Assessment. The appointment will take approximately 10 minutes.
13. **CONGRATULATIONS.** You have successfully completed your portion of the PHA.
14. Medical personnel will still need review and close out the PHA before your are IMR Green.