WAARNG MEDICAL DETACHMENT CLINIC

Accession Physical

**OCS & WOCS**

NAME: _____

RANK: _____

DODID: _____

DOB & AGE: _____

AGE: _____

EMAIL: _____

PHONE: _____

UNIT: _____

MRNCO: _____

COMMANDER: _____

Have you completed Part 1 of your PHA? YES ☐ NO ☐

Do you have a printed copy of your IMR? YES ☐ NO ☐

Do you have a Profile? YES ☐ NO ☐

TEMP ☐ PERM ☐

**Part 1: Screening**

- ☐ **Complete 2808/2807-1/IMR** (Check PHA date)
- ☐ **HEIGHT/WEIGHT** (at appointment)
- ☐ **BP/PULSE/TEMP** (at appointment)
- ☐ **LABS** BMP, CBC, LIPIDS, SICKLE DEX, G6PD, HIV, UA, HCG, ETOH/DRUG SCREEN
- ☐ **EKG** 39 and Over (complete at appointment)
- ☐ **HEARING** (DD 2216 within 6 months)
- ☐ **VISION** Far, Near, and Color (complete at appointment)
- ☐ **DENTAL** DRC1/DRC2 (Exam within last 6 months)
- ☐ **OPTOMETRY** (if you have PRK/LASIK, Glasses or 39+): IOP, Distant and Near Acuity, Color
  - a. **PRK/LASIK Only:** Pre/post operation documents + manifest refraction OR corneal refraction sheet
- ☐ **FEMALES** PAP must be within 3 years

**MRNCO VALIDATION:** All required tests above are completed, and PHA/Dental remain current throughout the school

RANK/NAME _____ SIGNATURE _____ DATE _____

**Part 2: Provider Review**

- ☐ Confirm Part 1 Complete
- ☐ PHA Provider Portion Complete
- ☐ Provider Exam/Review/Disposition Complete

**Final Review:**

- ☐ State Surgeon Final Review

**1. CHECKLIST**

a. Utilize the document to track your progress and bring it to your scheduled appointment. Requires MRNCO signature

**2. SCHEDULING**

a. Physicals are conducted every Thursday from 08:00-11:00 and at 14:00. Part 1 items and unit MRNCO verification must be complete prior to requesting an appointment.
b. Send requests along with **completed packet and supporting documentation** to ng.wa.waarng.list.medical-scheduling@army.mil **NOTE: No completed packet and requirements, no appointment**
c. Wear loose fitted clothing (ex. Joggers or APFU)

**3. PHA**

a. PHA must be green, and not expected to turn Amber/Red at duration of school. Email ng.wa.waarng.list.medical-scheduling@army.mil once online portion is complete, request a PHA PART 2 (the provider portion) with the following: NAME, APPT TYPE (PHA PT 2), UNIT, DOD ID, PHONE, and EMAIL.

**4. MANATORY PAPERWORK**

a. The 2808 and 2807 must be completed digitally in PDF format. If you arrive with handwritten documents, your appointment will be forfeit and you will need to reschedule.
    i. If you don't have the capabilities to complete digitally. MEDCOM has a computer lab that will be available 1 hour before your scheduled appointment to transcribe digitally.
b. 2808: Boxes 1-15c, and SSN/DODID/NAME at top of each page
   2807: Boxes 1-29, and SSN/DODID/NAME at top of each page

**5. DENTAL**

a. Your DRC status must be green (DRC1/DRC2).
    i. See MRNCO for further directions if it is not in compliance. Must remain current throughout school dates.
b. If dental is not within last 6 months, complete DD2813 with civilian or military dentist.
    i. Walk-ins available to Okubo Dental Clinic, JBLM. SM must provide the DD2813. Ensure dental signature and license number are filled in.

**6. LABS** *****Do not participate in any hard workouts, CrossFit, or running 48 hours prior to the labs*****

a. Fasting labs are required; refrain from eating or drinking for at least 8-10 hours prior to them being drawn.
    i. Drinking water is okay.
    ii. Open 0700-1530 Monday-Friday. Closed Thursdays.
    iii. DIRECTIONS: Enter JBLM through the Madigan Gate (Exit 122A). Take a right into Madigan at the second light. Once in, go down escalator, walk straight all the way to elevators, take a right and go all the way down. You will go pass a glass area with a fountain (and possibly Swans). When the hall ends, the Laboratory is on your right.
    iv. Fairchild AFB: Walk-in basis Building 9000, Room 125; closed third Wed. of every month.

**7. HEARING**

a. Hearing exams in the past 6 months are valid, ask your MRNCO for a copy.
b. In Order to Complete:
    i. At Appointment: Hearing will be conducted every Thursday at 0800-1100 for *scheduled* physicals.
    ii. Appointment-only: Madigan Annex Hearing Program at (800) 404-4506.
    iii. IMR Services: MEDCOM during IDT, SM must coordinate with MRNCO. No walk-ins.
    iv. Fairchild Hearing Program POC: 509-247-5757, call to schedule.

**8. OPTOMETRY**

a. 40 and over or those who wear glasses/contacts require an Intraocular Pressure Exam. Can be completed at local eye clinic, Walmart, or by appointment at Winder Clinic or Madigan (253) 477-3788.
b. LASIK/PRK/Eye Surgery: will require Pre-op and Post-op documentation, email to distro prior to appointment.
c. If seeing non-military facility, ensure you bring copies of exam results to MEDCOM

Please refer to your Unit MRNCO contacts.

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|---|---|---|---|
| 56th TIOG | SGT Brathovde, Katherine M | katherine.m.brathovde.mil@army.mil | 253-983-7330 |
| 96th ATC | SFC Gines, Rebecca J | rebecca.j.gines2.mil@army.mil | 253-912-3121 |
| 2-146th FA | SGT Jones Mcpherson, Jason | jason.p.jonesmcpherson.mil@army.mil | 360-704-6703 |
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| RRB | SGT Nguyen, Alexander D | alexander.d.nguyen8.mil@army.mil | 253-512-1301 |
| 205th | SSG Peck, Joel E | joel.e.peck.mil@army.mil | 509-249-4038 |
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| 898 BEB | SSG Rylaarsdam, Samuel F | samuel.f.rylaarsdam.mil@army.mil | 360-224-2805 |
| 96th TC | SFC Valente, Derek A | derek.a.valente.mil@army.mil | 253-512-4811 |
| 1-161st | SSG Wadleigh, Robert B | robert.b.wadleigh.mil@army.mil | 253-363-3019 |
| 181 BSB | SSG White, Earl B | earl.b.white5.mil@army.mil | 206-378-6553 |
| 3-161st | SSG Mckee, Taryn C | taryn.c.mckee.mil@army.mil | 253-945-1812 |
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