

Periodic Health Assessment

Complete your online portion of the PHA assessment by going to <https://medpros.mods.army.mil/portal>, and under "**Self Service**" there will be a link for "**Periodic Health Assessment**."

If you have issues with the website, please contact the MODS Help Desk at:

usarmy.ncr.hqda-otsq.mbx.mods-helpdesk@army.mil

(877) 256-6477

Hours of Operation: 0600-1800 EST Mon-Fri, 0700-1700 Sat-Sun

Once Part 1 (the online portion) is complete:

1. Schedule with a Senior Leader Sustainment provider at 915-742-8013.

Or

2. Schedule with your PCM at Mendoza clinic by calling the appointment line at 915-742-1460 or 915-742-4292.