

Headquarters U.S. Air Force

Integrity - Service - Excellence
Headquarters Individual Reservist Readiness and Integration Organization

All Things Medical



U.S. AIR FORCE



**HQ RIO Readiness &
Training**



- **Individual Medical Readiness (IMR) Requirements**
 - **Service Treatment Records**
 - **Profiles**
 - **SHPE**
 - **Waivers (Modification, Deployment)**
 - **Line of Duty (LOD)**
 - **Medical Continuation (MEDCON)**
 - **Incapacitation Pay (INCAP PAY)**
 - **Non-Emergent Surgery**
 - **Authorized Treatment**
 - **TRICARE Coverage**
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- **Search “myIMR” in the Air Force Portal**
- **Individual Medical Readiness (IMR) Requirements**
 - **PHA/MHA**
 - **Dental**
 - **Lab**
 - **Immunizations**
 - **Profile**
 - **Med Equipment**



Air Force Surgeon General



Individual Medical Readiness Status

DIAZ.RONAL.A.

Buckley AFB

EMAIL: RONAL.DIAZ@US.AF.MIL


IMR	Immunizations	DrHA	Medical Clearance	SHPE	 MTF Instructions
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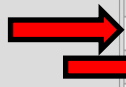
IMR ACTION LIST

|PHA|

[Action List Help](#)

[MyIMR User Guide](#)

		Overall Status: Due		GoRedDate: 07/13/2019			
PHA	Dental	Labs	Profile	Med Equipment	Other		
Due	Current	Current	Ready	Current			
 PHAQ:	26 Feb 2019	Dental Class: 1	Blood Type: O	Restriction: No	GMI Required: No	ANAM Date: -	
Interval History:	13 Apr 2018	Dental Date: 4 Feb 2019	RH: Positive				
DD2766 Review and Update:	13 Apr 2018		Sickle Cell: Negative				
Provider Review/Signature:	13 Apr 2018		G6PD: Normal				
Last In-Person PHA:	1 Apr 2017		HIV Date: 20 Jul 2018				
			DNA: On File				





- PHAQ questionnaire required annually, valid for 120 days after completion and is completed online at MyIMR
 - Face-to-face visit is **NO LONGER** required every 3 years for non-flyers
 - Face-to-face visit is required every year for flyers, Special Operational Duty (SOD), Personnel Reliability Assurance Program (PRAP) and Arming and Use of Force (AUoF) personnel
 - Colors
 - **GREEN** – Good to go
 - **YELLOW** – 90 day grace period **AFTER** the due date
 - **RED** – No grace period – can impact ability to work for pay/points
 - Mental Health Assessment (MHA) required annually
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U.S. AIR FORCE

How to complete your PHAQ

The screenshot shows the MyIMR web application interface. At the top, there is a navigation bar with the text "Air Force Surgeon General" and "Individual Medical Readiness Status". Below this, the user's name "DIAZ, RONAL. A." and location "Buckley AFB" are displayed. The main content area is divided into several tabs: "IMR", "Immunizations", "DrHA", "Medical Clearance", "SHPE", and "MTF Instructions". The "IMR" tab is currently selected. Within the "IMR" tab, there is a section titled "IMR ACTION LIST" which contains a search field with "[PHAQ]", a link for "Action List Help", a button labeled "Start PHAQ" (highlighted with a red box and a red arrow), and a link for "MyIMR User Guide". Below the "IMR ACTION LIST" section, there is a table showing the user's overall status and various medical records.

PHA	Overall Status: Current				
Current	Dental	Labs	Profile	Med Equipment	Other
PHAQ: 26 Feb 2019	Dental Class: 1	Blood Type: O	Restriction: No	GMI Required: No	ANAM Date: -
Interval History: 15 Jul 2019	Dental Date: 10 Mar 2020	RH: Positive			
DD2766 Review and Update: 15 Jul 2019		Sickle Cell Screen: Negative			
Provider Review/Signature: 15 Jul 2019		G6PD: Normal			
Last In-Person PHA: 1 Apr 2017		HIV Date: 20 Jul 2018			
		DNA: On File			

- Takes about 10-15 minutes



Complete your Mental Health Assessment (MHA)

- **After you complete your PHAQ, the system will give you instructions with a link**
 - **Lhi.care**
 - **Create an account**
 - **Update email and phone number**
 - **System will email you with a link to schedule the phone call**
 - **Make sure to put the correct phone number (cell, home, etc.) where you can actually be contacted**
 - **10-min phone conversation**
-



Service Treatment Records (STR)

- **AF STR Processing Center receives hard copy records for separating and retiring members as of 2013**
- **Original paper STR will be digitized into Health Artifact Information Management System (HAIMS)**
 - **Can be accessed by any MTF**
 - **Applies to the Total Force**
- **The AD MTF will process IR STR transfers upon separation or retirement**
- **You can request a copy of your STR 179 to 30 days prior to separation/retirement**
- **After you separate or retire, go through the VA to request your records.**



What “counts” as military medical

- **Active duty/Reserve Medical Treatment Facilities**
 - **Reserve Health Readiness Program (RHRP)**
 - **Allows for access to civilian medical providers to cover readiness-necessary appointments**
 - **Take a bit of time to process the request**
 - **Must live 40+ miles from the nearest MTF**
 - **Sister Service**
 - **Labs**
 - **Immunizations**
 - **NOT PHA**
 - **NOT Dental**
-



Individual Medical Requirements - Dental

- **Requirements**

- Every third year - Military dental exam required (*waived for FY 21*)
- All other years – DD Form 2813 completed by a civilian dentist
 - Turned in to the servicing Active Duty Dental Facility to update
 - Should reflect in ASIMS within 24-48 hrs
 - Can also be submitted via myPers if unable to submit to AD

- **Dental Class 3**

- Dental condition being treated & expected to be resolved within 1 year
- IDT and AT at home station only, no mandays/formal schools authorized

- **Dental Class 4**

- Overdue for your yearly exam (**RED**)



Individual Medical Requirements – Labs/Shots

- **Lab Requirements**

- **Generally no appointment needed**

- contact MTF to verify

- **HIV screening**

- Due every two years, 90 day grace period
- Must be done by a DoD approved lab/MTF

- **Immunizations**

- **Generally no appointment needed**

- contact MTF to verify

Immunizations			
Immunization	Series	Date	Next Due
Hep A	2	10 Nov 1998	
Hep B	3	11 Jan 2015	
Influenza, Northern Hemisphere	8	10 Nov 2019	14 Sep 2020
MMR	1	15 May 1998	
Polio	1	15 May 1998	
Td	2	7 Jul 2011	7 Jul 2021

View DD2766c View Worksheet

Due	
Labs	
Current	
Blood Type:	O
RH:	Negative
Sickle Cell Screen:	Negative
G6PD:	Normal
HIV Date:	27 Mar 2019
DNA:	On File

- **Contact the clinic prior to ensure the shot needed is available**

- **May be accomplished by a civilian provider**

- Submit documentation to the servicing MTF or via myPers to update
 - Lot #, “administered,” date, name



Individual Medical Requirements

- **Must report changes in health status to your MTF within 72 hours**
 - Ongoing treatment/medication for an issue
 - Elective surgery
- **You ARE allowed to use other MTFs/Fitness cells**
 - If you live more than 40 miles from your unit of assignment
 - You do NOT need to be in status to MAKE the appointment
 - You DO need to be in status for the appointment (Paid/Unpaid IDTs work)
 - Two memos on the RIO site to help



Submitting a myPers Ticket to Medical

ACTIVE DUTY AF AIR RESERVE AIR NATIONAL GUARD RETIREE CIVILIAN RESOURCES FOR FSS

Home > Officer > IMA Management

IMA Management

Applicable to: Air Force Reserve (IR/PIRR)

Mission: Provide, Integrate and Sustain ready Individual Reserve forces globally.

Vision: One trusted team making it easy to serve.

The Headquarters Individual Reservist Readiness Integration Organization (HQ RIO) is located at Buckley Air Force Base, Colorado.

HQ RIO is responsible for managing the readiness of the associated with getting our IRs to the fight. Seven detachments geographically-separated bases around the world assist direct oversight and support to more than 8,000 IR Air

The IR force is comprised of Air Force Individual Mobil Individual Ready Reservists (PIRRs). Both IMAs and PIR are rated by active-component or government agency

MY ACCOUNT

- Incidents/Messages
- My Documents
- Notifications
- Change Password
- My Profile

LEARN MORE ABOUT

- Assignment
- Benefits and Entitlements
- Career Management
- Classification
- Compensation
- Deployment
- Education
- Evaluations
- Force Development
- IMA Management
- Mobilization/Demobilization
- New Hire
- Promotion
- Recognition
- Retention
- Retirement
- Separation
- Systems Support
- Training

Still Need Help?
Contact Us

ACTIVE DUTY AF AIR RESERVE AIR NATIONAL GUARD RETIREE CIVILIAN RESOURCES FOR FSS

Home > Officer > IMA Management > Individual Reserve Medical Support

Answer ID: 48236 | Updated: 01 Aug 20

Individual Reserve Medical Support

Applicable to: Air Force Reserve

MY ACCOUNT

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Programs

- [Air Force Reserve Individual Reservist Program - Click here for a full list of links and information for individual reservists.](#)
- [Individual Medical Readiness Requirements - Click here for specific information regarding IR medical requirements and to submit documentation.](#)

IMA Reserve Pay/Travel Office

- [IR Travel Reimbursement Requests - Click here to submit paperwork or reimbursement requests for travel-related items. If your orders state](#)

In order to be fully mobilization-ready, Individual Reservists (IR) must meet annual readiness, medical and dental requirements, have a current security clearance, and be fully-qualified in their Air Force Specialty - all of which is overseen by HQ RIO, its detachments and their operating locations.

HQ RIO/Individual Reserve Medical (IRM) support team provides medical support to the IR by teaming with the Military Treatment Facility (MTF) of the installation the IR is assigned to. They collectively manage and monitor medical readiness of Individual Mobilization Augmentees (IMA). They liaise between HQ AFRC/Surgeon's Office (SGO) and the MTF. They advocate for the IR member to ensure access to care, medical support and provide guidance on medical processes.

The IRM team facilitates Individual Medical Readiness updates, Line of Duty, Medical Continuation, Incapacitation Pay, Initial Review In Lieu Of, Fitness For Duty/Non Duty Disability Evaluation System/World Wide Duty, Modification Waiver and Deployment Waiver case processing.

[Submit Medical Requests By Clicking Here](#)

Program Information

- Dental

Previously viewed answers
[RIO/DET OVC AROWS-R Orders Request](#)

Medical Services Provided:

- RIO Dental
- Preventative Health Assessment (PHA)
- Labs and Immunizations
- Line of Duty (LOD)
- Pre MEDCON
- IMA MEDCON
- MEDCON Extension
- Incapacitation Pay (INCAP)
- Modification Waiver
- Deployment Waiver
- Non-Emergent Surgery Request



IDTs/AT - Authorized Treatment

- **Authorized Treatment when on orders 30 or fewer days**
 - **Required Status – any military status i.e. IDT, AT, MPA, RPA, etc.**
 - **Wellness Care/Readiness Items**
 - PHA
 - Dental exam
 - Immunizations
 - Labs
 - **Urgent Care**
 - Acute in nature (flu, broken bones, sprained ankle, etc.)
 - May require LOD to be initiated



- **AD MTF responsible for creating all profiles (not treatment)**
 - **Contact to schedule an appointment and provide civilian documentation**
 - **Civilian documentation must show:**
 - Diagnosis
 - Treatment plan (including how long it's expected to last)
 - Which fitness testing activities you should NOT do/military duty restrictions
- **AF Form 469 (profile form) Mobility Restricting Profiles:**
 - **Code 31 (DAV 41) – Temporary condition resolving within 1 year**
 - **Code 37** (DAV 42) – Condition requires Medical Board processing**
 - **Code 81 (DAV 49) – Pregnancy**

****Note: Unable to participate for pay and points. Participation determined by your Det CC****



Separation History and Physical Examination (SHPE)

- **Why:**
 - Ensures all medical conditions that occurred while on orders are documented, allowing for follow on care at the VA, facilitates VA Disability Claims
 - Web-based (myIMR) AND in-person
 - **When:**
 - Just Prior to coming off orders (no >30 prior)
 - Applicable to the following orders duration
 - AGR order
 - >179 days continuous service on active duty orders
 - >30 days of continuous service on AD orders in support of a Contingency Operation
 - **DoDI 6040.46**
-



Modification/Deployment Waivers

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- **Used after a member has been returned to duty following a Medical Board Evaluation**
 - **Given an Assignment Limitation Code (ALC)/DAV code**
 - **Codes limit where/what duties can be done**
 - **When desiring a Modification Waiver or Deployment Waiver, submit to AFRC/SG**
 - **Deploying with C1/C2 code requires a deployment waiver**
 - **Requires gaining MAJCOM approval in addition to AFRC/SG**
 - **Code C3 restricted to IDT/AT at home stations ONLY**
 - **Modification waiver used to request anything outside of those limitations, i.e. schools, AT at an alternative location**
 - **Submit at least 90 days prior for time to process**
 - **Only applies to single event**
-



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- **For an injury, illness, disease, or death occurring while in status**
 - **Determines:**
 - **Whether the condition existed prior to service**
 - **If condition was caused/worsened by military duty**
 - **Can be “Not In Line of Duty” if there was/is:**
 - **An Absence without approval**
 - **Misconduct**
 - **Deemed not caused by military service**
 - **LOD must be started <180 days of release from AD/IDT**
 - **Any incident/injury should be reported to AC Commander and AD MTF within 24 hours (let HQ RIO know as well)**
 - **Complete AF Form 348 with AD MTF and AD CC**
 - **Form MUST be sent to HQ RIO Medical for processing**
-



Benefits of an LOD

- **If the condition is found In Line Of Duty:**
 - **Receive healthcare for the condition through TRICARE/VA**
 - **Up to 12 months from diagnosis: Care through TRICARE via the MTF or Civilian providers**
 - **After 12 months: care at the VA**
 - **MEDCON orders must have a LOD**
 - **Continues orders to allow for medical care to be received when you are unable to perform military duty**
 - **Allows for medical retirement to be received if found disqualified for military service during an MEB/IDES**
-



Medical Continuation (MEDCON)

- **Pre-MEDCON**

- **The purpose of pre-MEDCON orders in cases where a member is already on orders, is to**
 - **Allow the MTF to initiate/complete an LOD determination**
 - Time to determine whether the medical condition renders the member unable to perform military duties
 - Provide medical documentation to support a request for MEDCON orders
 - **30 day orders prevent a break in service**
 - **Facilitate the initiation of a LOD and assemble/submit a MEDCON request**
 - **Orders will not be issued or extended in cases of misconduct, or for the purpose of taking leave or reconstitution time**



Medical Continuation (MEDCON)

- **Approval authority rests with Air Reserve Component Case Management Division (ARC-CMD)**
- **Approved MEDCON allows members to be on full time orders for treatment of service-connected/aggravated conditions**
- **Any request for MEDCON should be submitted through RIO Medical**
- **If not currently on orders, a completed and approved LOD is required prior to the MEDCON request**
- **Notes:**
 - No authority exists to backdate MEDCON orders
 - Air Force Board of Correction of Military Records (AFBCMR) is the only option to claim potential back-pay for a period of time which the member might otherwise be eligible to receive



Incapacitation Pay (INCAP)

- **Can provide for loss of civilian wages if unable to return to their civilian jobs due to an LOD injury, illness, or disease**
- **Requires a complete or interim LOD determination**
- **Review by military medical provider to confirm incapacitation**
- **Entitlements that exceed 6 months require SAF approval**



Non-Emergent Surgery Request

- **Only applies to member on orders of 30 or more days**
 - **Non-emergent surgery is ...**
 - **Non-acute/non-urgent procedure medically necessary to provide relief from undue suffering/symptoms that could cause health problems**
 - **Required for members within 6 months of their (long term) orders ending**
 - **AFRC/SG is the approval authority for reserve members**
 - **Contact RIO medical for consent form and processing**
 - **If you have the procedure without the request ...**
 - **the military may bill you later for the surgery**
 - **Any complications from the surgery may be found “Not In Line of Duty”**
-



TRICARE when NOT on long term orders

- **TRICARE Reserve Select**
 - All IR members/families are eligible with monthly premium, annual deduction, and cost share for covered services
 - Dental also available
 - **TRICARE Retired Reserve**
 - Members/families can continue to receive health benefits after retirement
 - Has a monthly premium, annual deductible, and cost share
 - “Bridges the gap” until you turn 60 (regular AD TRICARE benefits then)
 - **<https://www.tricare.mil/Plans/HealthPlans>**
 - **TRICARE East (Humana): 1-800-444-5445**
 - **TRICARE West (Health Net): 1-844-866-9378**
-



TRICARE when on long-term orders

- **TRICARE Prime**

- Equivalent to active duty healthcare/dental coverage
- Eligible for orders for 30 or more days, this *should* automatically occur
 - Call TRICARE to verify and get assigned to a Primary Care Manager (PCM)
 - Dependents can also be enrolled in TRICARE Prime while on long term orders or remain on TRICARE Reserve Select
 - When ending orders call TRICARE to be placed back on TRICARE Reserve Select

- **TRICARE Prime Remote**

- An option for members/dependents when not living close to a MTF
- PCM will be a civilian doctor in your area



- **Dual-coverage households**
 - Res-Res
 - Res-Retired
 - Res-AD
- **OCONUS**
 - **Command sponsorship (Prime v Select for dependents)**
- **Pregnancy**
 - **Scheduling for certain appts**
- **Ongoing medical issues**
 - **It takes time to line up referrals**