

# Individual Medical Readiness (IMR) At-a-Glance

A Quick Guide from HQ RIO

An overview of IMR Requirements and tips to get them completed

Your IMR status can be viewed at <https://asimsimr.health.mil/imr/MyIMR.aspx>. This is a CAC-enabled website that works best in Chrome. The following are tasks IRs must work to maintain GREEN status.

To get email notifications from MyIMR, ensure your email displayed at the top of the page is correct. The source of your duty email is vMPF. If your duty email is incorrect, go to the AF Portal, search for "vMPF" and look for instructions on how to correct the it. Your corrected email should flow automatically to ASIMS within 2-3 weeks. MyIMR can't send emails to .com or other non-gov emails.

PHA	Immunizations
<p>The PHA is an annual requirement. You will complete the PHAQ, an online questionnaire accessible via the MyIMR website (the button shows up when you're eligible to take it). A provider from your unit's Military Treatment Facility (MTF) will review and sign off on it. The Mental Health Assessment (MHA) is also a part of your PHA and is mandatory. <b>The MHA varies by MTF and AFSC. More info on the "MTF Instructions" tab in MyIMR.</b></p> <p>Every three years you will be required to complete an IN-PERSON PHA. Once your PHAQ is reviewed, you'll be notified and can make an appointment for the in-person PHA. <b>During the in-person PHA you may also receive a MHA.</b> To monitor the status, read the MTF INSTRUCTIONS tab on the MyIMR website.</p> <p>The in-person PHA is annual for flyers, PRAP, SOB, and Arming &amp; Use of Force Personnel.</p>	<p>The most important immunization is the flu shot, an annual requirement that <b>MUST</b> be completed each year, typically by mid-December. You can have the shot administered at an MTF or a civilian doctor's office or pharmacy.</p> <p>Every ten years IRs are required to receive a Td (Tetanus) shot. The same requirements and submission instructions apply for this as well.</p> <p>There are other immunizations that may be required for accession and deployments (i.e. Hep A &amp; B, MMR, varicella, typhoid, anthrax).</p> <div data-bbox="813 1346 1523 1604" style="background-color: yellow; border: 1px solid black; padding: 10px; text-align: center;"><p><b>MTFs are manned and resourced for their specific assigned population.</b></p><p><b>If you aren't going to your assigned MTF, they might not be able to support you right away.</b></p></div>
Dental	Labs
<p>IRs are required to have a yearly dental exam. Once every three years, the exam needs to be military*.</p> <p>For the other years, have your civilian dentist fill out a <a href="#">DD Form 2813</a> and submit to your unit's dental clinic or to the HQ RIO Medical team via myFSS.</p>	<p>Every two years, IRs are required to have an HIV test. This <b>MUST</b> be conducted at an MTF. There are a few one-time labs/tests done upon entering the Air Force (DNA, Blood Type/Rh Factor, G6PD, and Sickle Cell).</p> <div data-bbox="813 1864 1523 1971" style="background-color: green; border: 1px solid black; padding: 10px; text-align: center;"><p><b>See the following page for more info about each IMR task, to include timelines, processes, and guidance.</b></p></div>

\* This requirement can be substituted with a civilian exam and DD Form 2813 for FY20. Click [HERE](#) for the memo.

## TIPS FOR GETTING GREEN

If possible, attend to your medical readiness tasks while serving your AT or IDTs at your unit. You are entitled to service for readiness tasks from ANY MTF as long as you live more than 40 miles from your assigned unit. However, you may receive pushback when attempting to make or attend an appointment when not in status. [THIS MEMO](#) explains what you are entitled to, and [THIS MEMO](#) explains more about access. You do NOT need to be in status to make the appointment, but you do need to be in some sort of status to attend one. A points-only IDT is fine; bring a copy of your orders or a signed 40A with you to show proof of status. If you aren't near an MTF, you can request assistance from RIO Medical for help via the [Reserve Health Readiness Program](#).

### IMA Medical Readiness myFSS Submissions

If you'd like the Medical Readiness team to upload your documents for dental or flu shots, request assistance with the Reserve Health Readiness Program, or ask a question, you can submit a ticket in myFSS. Here are the steps:

1. Log into myFSS and choose the **myIMA** tile. This is also where you go for pay and travel reimbursement submissions.
2. Select "AFR RIO Medical."

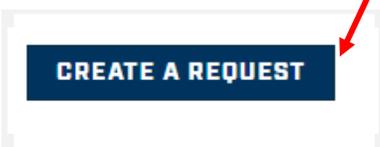


[AFR RIO Travel](#) - Allows IRs to submit travel vouchers for reimbursement and ask questions related to travel.

[AFR RIO Medical](#) - Allows IR to submit medical documentation for update and submit requests and ask questions regarding medical readiness, MEDCON, LODs, etc.

[IMA Reserve Pay](#) - Allows IR to submit documentation for pay, leave, bonuses, and submit requests and ask questions regarding these topics.

3. Click on "Create a Request." From here, select the nature of your request from the list.



4. Select "NEXT," then provide details, question, or concerns, and upload documents if needed. Provide an contact info, your servicing detachment, assigned unit, and finish the 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

Best Practice: Try to complete IMR tasks while an AT/IDT at your unit. If not possible, save an IDT or use points only IDTs when your IMR comes due.

Which IMR item are you concerned about?

Do I need to be in status (on orders)?  
See page 3!

Go to the AF Portal, search for My IMR / ASIMS, click link

Ensure you are on the IMR Tab

