

Guide to Navigating “My Medical Readiness” in



Army Knowledge Online - Windows Internet Explorer

https://www.us.army.mil/suite/portaltop.do?sp=portal.home

Army Knowledge Online

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Friday, 11 May 2007

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Welcome to all new DKO users! You have arrived at the DKO portal on AKO. DOD users can now use DKO to build collaborative work spaces, create web sites, and use all services provided by DKO. Click the image above to go to the DKO Home page. Click here to read more about DKO.

DKO DEFENSE KNOWLEDGE ONLINE

Joint Knowledge Online became available on 30 April. JKO is the online source for relevant, operationally focused joint training and knowledge services and products. It serves as the Department of Defense's Joint Individual Training Toolkit. Click the logo to visit the site.

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 www.us.army.mil

Step 1: Log into AKO and select "My Medical" from the "Self Service" pull down menu



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Army Knowledge Online

Welcome, Ann Gordon

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AKO Home > Self Service > My Medical > Home

My Medical (view related content)

- Pages & Groups ▶ My Medical
- Files Community ▶ Katrina and TRICARE
- Forums ▶ Deployment Cycle Support
- Deployment Resources
- Health Promotion and Well...
- MHO Case Management
- My MEB
- My Medical Readiness
- My Medical Readiness
- The Ultimate Warrior
- Vaccines and Disease

AMAP My Medical ▶ MEDCOM

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Step 2: Select “My Medical Readiness” from the “Pages and Groups” pull down menu under “My Medical”

The screenshot shows a web browser window with the URL <https://www.us.army.mil/suite/portal/index.jsp>. The page is titled "Deployment Health Assessments" and "Internet Accessible Health Assessment Information". It features a "MEDPROS" logo and a section for "DEPLOYMENT HEALTH ASSESSMENTS" with sub-sections for "PRE", "POST", and "PDHRA". Below this, there is a section for "Post Deployment Health Re-Assessment (PDHRA)" with another "MEDPROS" logo and the text "POST DEPLOYMENT HEALTH REASSESSMENT". The page contains several links and contact information for various Army units, including the US Army PDHRA Program FAQs, US Army Active Component FAQs, ARMY National Guard FAQs, and US Army Reserve FAQs. At the bottom, there are links for "PDHRA for COMMANDERS" and "PDHRA for SOLDIERS".

Step 3: Your medical readiness information will be listed on the right side of the page

**MY MEDICAL READINESS
and
DEPLOYMENT STATUS
INFORMATION
LISTED HERE**

Step 4: Learn more about the PDHRA by visiting the PDHRA for Soldiers and PDHRA for Commanders pages