

**NMRTD Bridgeport**  
**Monday – Friday | 0800 – 1600 (PST)**  
*Closed Weekends and Federal Holidays*

# Virtual Readiness Clinic

## Services Offered

- ✦ **Periodic Health Assessments:** <https://eha.health.mil/EHA/>
- ✦ **Deployment Health Assessments:** <https://eha.health.mil/EHA/EDHA>
  - 🌐 **Pre-Deployment Health Assessment (Pre-DHA)**  
*No earlier than 120 days before deployment start date*
  - 🌐 **Post-Deployment Health Assessment (PDHA)**  
*30 days before to 30 days after return from deployment*
  - 🌐 **Post-Deployment Health Re-assessment (PDHRA)**  
*90 – 180 days after returning from deployment*

## How to Schedule an Appointment

**Step 1:** Complete and submit online Periodic Health Assessment or Electronic Deployment Health Assessment.

**Step 2:** Notify NMRTD Bridgeport of your online submission.

✉ **Email:** [usn.29palms.nmrtdc-29-palms.list.nhttp-pha@health.mil](mailto:usn.29palms.nmrtdc-29-palms.list.nhttp-pha@health.mil)

☎ **Phone:** 760-668-1278

📋 **Must provide:**

- Full Name
- DODID Number
- Good Contact Number

**Step 3:** You will be contacted within **7 business days** to schedule your virtual appointment.

**Tell us how we are doing!**  
**We'd appreciate your feedback!**



<https://ice.disa.mil/index.cfm?fa=card&sp=126810>

**For any questions, please reach out to NMRTD Bridgeport at 760-668-1278.**