



Naval Health Clinic Quantico and Washington Navy Yard Clinic

Steps to Schedule an ePHA

Service members will find it beneficial to check their medical readiness status in MOL, BOL, ASIMS, or MEDPROS depending on their respective service prior to submitting a secure message.

Step 1: Complete your online portion at <https://data.nmcphc.med.navy.mil/eha> this survey will be used for your appointment with the health provider which generally can take 15-20 minutes. It is preferable that you complete your ePHA on a government computer in order to streamline the log-in process.

Step 2: Sign in or Sign Up for Secure Messaging (Tricare Online)

****Do not create a new account if you already had an account****

- Login to: <https://app.tolsecuremessaging.com>
 - Recover an old account: <https://identity.tolsecuremessaging.com/#/?language=en>
 - Create a new account: <https://identity.tolsecuremessaging.com/Registration?language=en#/registrationhome>
- Select the provider tab at the top of the screen
- Click “Add Provider or Facility” on the right side of the screen
- ONLY type in the zip code 22134 (All Quantico and Navy Yard AOR patients will utilize this Zip Code)
- Scroll down and search for “**Quantico/WNY Centralized ePHA Clinic**” inbox

Step 3: Wait for your approval from the ePHA Inbox, which can take up to 72 hours. If you are denied access, call the Tricare Online help desk at **1-866-309-4138**. Check your “messages” tab for an approval message from the ePHA Clinic.

Step 4: Select the “Messages” tab and hit the blue “Compose” button on the left side of the screen to compose a message. Then select your provider as “**Quantico/WNY Centralized ePHA Clinic**” to send a message stating “**PHA Survey Complete**”

Step 5: Check your “Messages” tab for a message from Screener with appointment dates and times.

Step 6: Once all steps are completed, you will receive a phone interview from a provider. Please be aware your provider may call from a private number.

Main Side Clinic

Clinic	Hours	Number
Deployment Health	M-Th: 0730-1200, 1300-1430 and F: 0730-1130	703-784-1732
Laboratory	M-Th: 0730-1430 and F: 0730-1130	Walk-in
Immunizations	M-Th: 0730-1430 and F: 0730-1130	Walk-in
Audiology	M-F: 0800-1100, 1300-1430	Walk-in
Dental	By Appointment Only	703-784-2802
Optometry	By Appointment Only M-F 0800-1530	703-784-1631

OCS Clinic

Quarterdeck	M-F: 0800-1530*	703-784-2062
Laboratory	M-F: 0800-1530*	Walk-in

TBS Clinic

Quarterdeck	M-F: 0700-1530	703-784-5541
Screening Dept	M-F: 0800-1100, 1300-1500*	703-432-6420
Laboratory	M-F: 0800-1100, 1300-1500*	Walk-in
Audiology	M-F: 0800-1100, 1300-1500*	Walk-in
Dental	By Appointment Only*	703-784-5352

WNY Clinic

Quarterdeck	M-F: 0730-1530	202 433-3757
Deployment Health	M-Th: 0730-1100, 1240-1400 F:0730-1130	202 433-3757
Laboratory	M-F: 0730-1100, 1200-1530	Walk-in
Immunizations	M-F: 0730-1100, 1200-1530	Walk-in
Audiology	By Appointment Only	202-433-3758
Dental	By Appointment Only	202-433-2589/2480

* Hours may vary due to in-processing of new students