



# 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. Do not use CAC to create new 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 “Navy-Quantico-SC-Deployment Health” inbox. You will be placed in a “Pending” status to wait approval. You will receive a message once you have been accepted.

**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 “Navy-Quantico-SC-Deployment Health” 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