

ANNUAL PHA PATIENT EDUCATION REPORT

NAME	DOB	AGE	ASSESSMENT DATE	RecordID
JOHNSON, BENNETT	01/25/1988	30	04/23/2018	600875

Remember that you must report all health care you receive from outside the military or VA, especially if it limits your ability to deploy or carry out your duties

Both recreational and occupational noise exposures may cause hearing changes. For information about how to protect your hearing, contact your audiology clinic, hearing program office, occupational health and/or public health office. Please visit the following DoD Hearing Center of Excellence website for more information: <http://hearing.health.mil/Prevention/Preventing-Noise-Induced-Hearing-Loss/Injury-Prevention-Strategies> to discuss having your hearing tested, contact your local health care provider

Make sure you are current with your Service-specific vision requirements. If not, see optometry. When you deploy, make sure you have your required number of pairs of glasses and gas mask inserts. Contact lenses are not authorized in several deployment locations unless specific permission is received through your leadership

It is YOUR duty to stay healthy and fit. You must report anything that could affect your ability to deploy or perform duties while serving in an active status. Each Service member is required to report significant health information to his or her chain of command.

Stay informed about dietary supplements. Check out DoD's Operation Supplement Safety website at www.hprc-online.org/opss. Buyer beware! The FDA does NOT approve dietary supplements for safety and effectiveness.

Eat 2-2.5 cups of fruit a day. Eat your fruit, don't drink it.

Eat 3-4 cups of non-starchy vegetables a day.

Dairy: Compare sugar contents of yogurts. Some low-fat dairy products contain added flavors, stabilizers, sugar, or sodium; choose less-processed green items when possible.

Fish: Include seafood/fish twice a week.

Protein: Vary your protein choices. Include beans for protein and fiber.

Beverages: Choose water instead of sugary beverages.

For more information, visit the DoD Human Performance Resource Center website: <http://hprc-online.org/nutrition>.

If your risk of heart disease has changed since your last cholesterol check (started smoking, gained weight, family member recently diagnosed with heart disease) make an appointment with your health care provider.

Experts recommend screening all men aged 35 and older for lipid disorders and screening 20-35 year olds if they are at higher risk for heart disease.

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There are many known heart disease risk factors. You can control some but not others. Risk factors you can control include:

- High blood cholesterol and triglyceride levels (a type of fat found in the blood)
- High blood pressure
- Diabetes and prediabetes
- Overweight and obesity
- Tobacco use
- Lack of physical activity
- Unhealthy diet
- Stress.

The risk factors you can't control are:

- Age
- Gender
- Personal history of heart disease
- Family history of heart disease.

Many people have at least one heart disease risk factor. Your risk increases with the number and severity of these factors. Also, smoking and diabetes put you at even higher risk.

If you have any of these risks, talk with your health care provider.

Good sleep practices include:

- Remove all TVs, computers, and other gadgets from the bedroom
- Avoid caffeine 6-8 hours before bedtime
- Avoid nicotine before bedtime
- Limit alcohol use
- Avoid using sleeping pills
- Exercise regularly, but not within 2 hours of bedtime
- Make sure your bedroom is a comfortable temperature, is quiet and dark, and that your mattress and pillow are in good condition
- Use your bed to sleep – not for other activities such as reading, watching TV, or listening to music
- Take a hot bath 1-2 hours prior to bedtime
- Eat a light snack at bedtime, but avoid large amounts of food that may create indigestion
- Avoid long naps
- Limit time in bed
- Stay on a regular sleep schedule.

The best way to avoid getting an STI, including HIV (the virus that causes AIDS), is to stop having sex or to be in a long-term relationship with an uninfected partner where you only have sex with each other. Using latex condoms can reduce, but not eliminate, the risk of getting sexually transmitted infections (STIs). Condoms must be used correctly every time you have sex. You must use condoms every time because you can get a disease with just one sexual act with someone who is infected. Many people do not know they are infected because they do not have symptoms or have not been tested. Also, if you don't use condoms correctly, they won't work as well, even if you use them every time.

If you and your partner are not trying to become pregnant now, but are having sex without using birth control correctly EVERY time, you are at increased risk of an unplanned pregnancy. There is a wide range of new, safe, and effective birth control options available, some that work for years after you've started them. Not all forms of birth control are equally effective. It makes sense to carefully consider your parenting plans and get informed about all your birth control options. Pregnancy is a life-changing event for mother and father. Be well informed about birth control, and talk with your partner and health care provider. Learn more here: <http://bedsider.org/>

Remember that you must report AND provide documentation for all health care you receive from outside the military or VA.

If you are leaving the Service in the next 6 months, you must complete specific health exams. See guidance on the TRICARE Online patient portal at: <https://www.tricareonline.com>

Personal Data - Privacy Act of 1974

Privacy Act of 1974, 5 U.S.C 552a, "No agency shall disclose any record which is contained in a system of records by any means of communication to any person, or to another agency, except pursuant to a written request by, or with the prior written consent of, the individual to whom the record pertains."