

PDHRA FOR DA CIVILIANS

WHAT IS THE PDHRA?

The third and last of the Deployment Health Assessments (DHAs) is the Post-Deployment Health Reassessment (**PDHRA**), a comprehensive health screening that examines for physical and behavioral health concerns associated with deployment. The PDHRA includes *the 3-6 Month Post-Deployment Resilience Training (strongly encouraged for DA Civilians; contact your Commander to participate in unit training); the DD Form 2900 self-assessment (mandatory for DA Civilians) and a confidential, one-on-one conversation with a health care provider (mandatory for DA Civilians)*. Each step, along with your honest participation, will ensure an accurate assessment of your health.

WHO TAKES THE PDHRA?

All DA Civilians who deployed outside the continental United States (OCONUS) for 30 days or more to a location with a non-fixed Military Treatment Facility (MTF) must complete the PDHRA within the 90-180 day post-deployment timeframe.

WHY SHOULD YOU TAKE THE PDHRA?

Following a deployment you can't ignore headaches, sore knees or sleeplessness. While they may seem like "normal" issues, they could be symptoms of a larger health concern and could impact daily life. The PDHRA gives you the opportunity to proactively identify and then—if necessary—treat deployment-related health problems that may negatively impact daily life, family, career and future. Plus, a PDHRA referral opens doors to further evaluation and treatment that could be covered by workers compensation.

WHEN DO YOU TAKE THE PDHRA?

The PDHRA is the final phase of the Deployment Cycle and should be conducted three to six months post-deployment. The timing of the PDHRA is important because research indicates that this is when health concerns may become more evident.

WHERE DO YOU TAKE THE PDHRA?

Commanders will provide DA Civilians with specific guidance on how to complete each step of the PDHRA. Typically, DA Civilians should complete their DD 2900 online using AKO CAC access then contact their local Occupational Health Clinic to schedule a one-on-one interview with a medical provider, including those at Naval or Air Force installations. Some units, such as USACE & AMC, may use a Call Center to complete their PDHRA.

MORE INFORMATION:

<http://www.pdhra.army.mil>

<http://www.cpol.army.mil/library/mobil/>

Using your CAC Access, go to: <https://www.us.army.mil/suite/page/611427>

usarmy.belvoir.ag1cp.mbx.army-cew@mail.mil

