

PDHRA FOR DA CIVILIANS

STRENGTH AND WELLNESS OF THE FORCE



DO YOU KNOW?

Since 2001, Department of Defense (DOD) has expanded the use of its Civilian workforce to perform combat support functions traditionally performed by military personnel, thereby increasing these Civilian's risk for developing physical and mental health problems associated with working in deployed settings. Recorded number of Civilians who experience life-threatening situation while deployed in combat are also at risk for developing post-traumatic stress disorder and other mental health conditions as well. As part of its mission, the DOD Military Health System (MHS) provides a full range of medical assessments, care and services, to eligible Civilians in deployed locations.

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 travel on deployment 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 the Department of Labor 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

