

How do I complete the PDHRA?

You may be asked to complete the initial part of your PDHRA online via Department of the Army Knowledge Online (AKO) prior to meeting with a provider. To do this, just log onto AKO at www.us.army.mil and go to “My Medical” under the drop down menu of the “Self Service” tab. Once on “My Medical Readiness,” click on the link and go to “Deployment Health Assessments” which is on the top left section of the page. Click on the DD 2900 form and begin completing the demographic section. Once you fill out your information and answer the questions, press the “Submit” button. Your PDHRA is not complete until a provider reviews your submission, discusses your answers with you, and electronically signs the form.

If you do not have an AKO account, you can complete the PDHRA as part of a scheduled on-site event which has been incorporated into the Department of the Army’s Deployment Cycle Support Program, by appointment at a Military Treatment Facility, and, for some DA Civilians, via a call center.

Where can I obtain more information?

Visit the PDHRA for Soldiers and DA Civilians in AKO to read frequently asked questions. Points of contact are also included on that page. You can also visit <http://fhp.osd.mil/pdhrainfo> for more information about the PDHRA program.

Additional Resources:

Army Corp of Engineers Unit
Deployment Center
<http://www.tam.usace.army.mil/UDC/>

Army G-1
www.armyg1.army.mil

Army Well-Being
www.army.mil/armylife/wellbeing

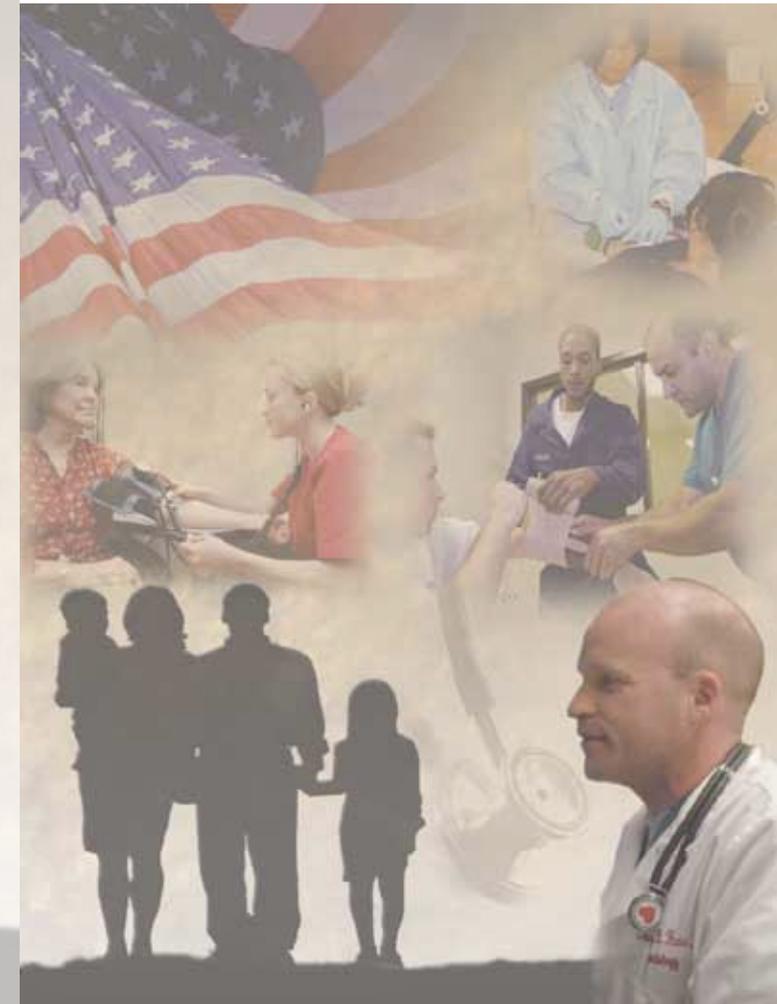
Army Behavioral Health
www.behavioralhealth.army.mil

Deployment Cycle Support
www.armyg1.army.mil/dcs



POST-DEPLOYMENT HEALTH REASSESSMENT PROGRAM

FOR DEPARTMENT OF
THE ARMY (DA) CIVILIANS



The Department of Defense has learned over the past several years that deployment health concerns may not be noticed immediately following redeployment. After you get back and return to your family, life, and work, you may notice you do not feel the same. Your concerns may be mild or they may be troublesome. The symptoms may affect you and your family. Also, you may not know the best place to go to find out what is wrong or what to do about it.

The PDHRA is part of the Force Health Protection Program which enhances and extends the deployment-related cycle of care by providing:

- Medical screening for both behavioral health and physical health concerns.
- Access to resources and support for a wide range of questions and concerns you may have about your health after returning from deployment.
- Education and training to assist you in addressing deployment-related health concerns.

Once you have had time to reflect on your deployment and post-deployment experiences, you may be in a better position to identify concerns, questions, and issues you wish to discuss with a health care provider.

The PDHRA will provide you that opportunity.

What are the benefits of the PDHRA to you and your family?

As a DA Civilian, the screening provides you with:

- The **opportunity** to learn more about some of the common experiences DA Civilians face after returning from long deployments and how to address them.
- Help in **identifying** your health and re-adjustment concerns early so that you can resolve problems before they manifest into something more serious.
- **Peace of mind** for your family and loved ones, which is an important part of your own well-being.
- **Confidence** in knowing that trained professionals will assist you in receiving any care you may need.

If you feel you are in need of immediate medical advice or attention, you do not have to wait to complete the PDHRA in order to access care. Make an appointment with your healthcare provider, local Medical Treatment Facility, or call the Wounded Soldier and Family Hotline at 800-984-8523 for assistance.

Is the PDHRA required? Am I eligible for the PDHRA Screen?

Since the Army is dedicated to the safety and well-being of its Soldiers,

Department of the Army (DA) Civilians, and families, the Deployment Cycle Support (DCS) Program applies to you. Your service has not gone unnoticed. The Army is placing greater emphasis on the homecoming process of all Soldiers, DA Civilians, and Families in the deployment cycle. There is a critical need to provide Soldiers and DA Civilians the opportunity and a means for personal reiteration, family reunion/reintegration, and reestablishment of personal readiness. Therefore, all DA Civilians who have redeployed away from home station for 90 days or more will complete the DCS Program and the PDHRA as part of this cycle.

In most cases, DA Civilians will complete the PDHRA 90-180 days after returning from their deployment, but individuals past this window are still eligible.

The PDHRA is a health screening only. The PDHRA will not provide a diagnosis, but may result in a referral for further evaluation and treatment, if necessary.

