WHO MUST TAKE THE POST-DEPLOYMENT HEALTH REASSESSMENT (PDHRA)?

Anyone who has served time in a combat area:

- **Active Duty**
- **Army Reserve**
- **Army National Guard**
- **Individual Ready Reserve**
- **Department of the Army (DA) Civilians**

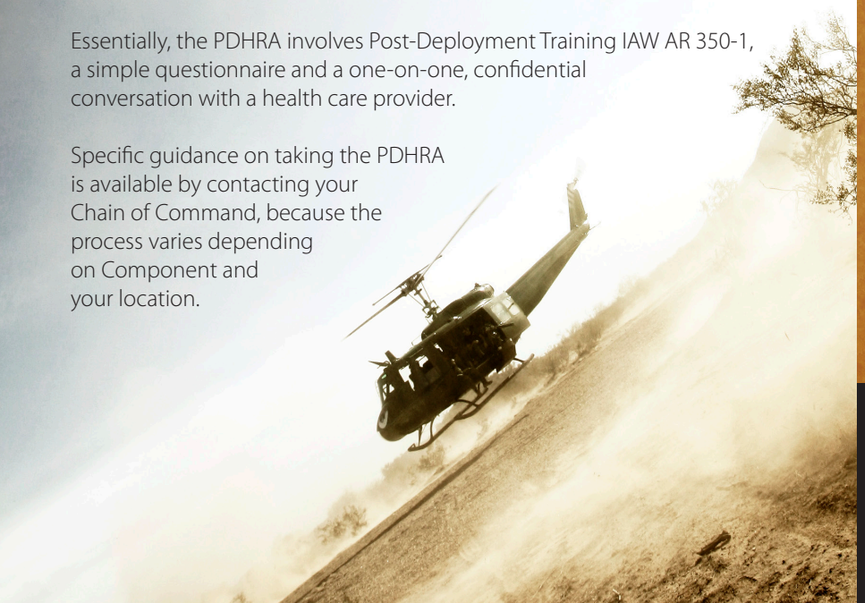
WHAT IS THE PDHRA?

The PDHRA is an important and unique health screening that examines for health concerns—both physical and mental— caused by work in a combat area.

You should take it three to six months after deployment, which is when research shows that signs and symptoms may appear.

Essentially, the PDHRA involves Post-Deployment Training IAW AR 350-1, a simple questionnaire and a one-on-one, confidential conversation with a health care provider.

Specific guidance on taking the PDHRA is available by contacting your Chain of Command, because the process varies depending on Component and your location.



WHAT FAMILY AND FRIENDS NEED TO KNOW:

Research reveals that your encouragement to take the PDHRA has a strong influence on your Soldier or DA Civilian.

His/her participation in the PDHRA will have a positive impact on your relationship. It will bring all peace-of-mind and, if necessary, set your Soldier or DA Civilian on the path to recovery.

WHAT COMMANDERS NEED TO KNOW:

The PDHRA is a vital tool for promoting the well-being of Soldiers and enhancing unit readiness by minimizing the impact of non-deployables on unit operational readiness.

Personnel Officers (G1s/S1s) in partnership with Medical Staff Officers are responsible for ensuring that the PDHRA is coordinated, promoted and monitored within the unit.

Research shows that Commanders who actively and regularly discuss the PDHRA and its importance with Soldiers can positively influence honest participation.

WHAT YOU NEED TO KNOW ABOUT THE PDHRA:

The PDHRA is private, confidential and subject to Health Insurance Portability and Accountability Act (HIPAA) rules and standards.

You get out of it, what you put into it.

Honest and straightforward participation is necessary to truly determine your health status.

The PDHRA must be taken after each deployment for your health's sake. Each deployment has its own circumstances and unique impact, which requires that your health be evaluated to protect your well-being.

Back aches, sore knees, irritability, sleeplessness or an increase in alcohol use are examples of signs that could be a larger concern. The only way to know is to speak with a health care provider.

The PDHRA is different from any other health screening offered by the Army. In a sense, the PDHRA closes the chapter from your deployment, but it should also be seen as a way to prepare for future assignments. Health issues could eventually impact your career and family life if left unattended.

PDHRA

WHY IS THE PDHRA IMPORTANT TO YOU?
The quality of your health impacts everything: your daily life, your family, your career and your future.

What you may think are normal aches, stresses or frustrations could be symptoms of a health concern that needs proper care and attention.

The PDHRA opens doors to benefits that support treatment.

Knowing your current health status provides reassurances and establishes a snap-shot of your health for the future.

THE THREE SIMPLE STEPS:

1. ***Post-Deployment Training IAW AR 350-1***
2. ***The Questionnaire (DD Form 2900)***
3. ***Confidential, One-On-One Discussion With A Health Care Provider***

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MORE INFORMATION ON THE PDHRA CAN BE FOUND:
On AKO (search PDHRA)
www.armyg1.army.mil/hr/pdhra
pdhra.g1.fieldinquiry@us.army.mil

Take the PDHRA for your:

POST-DEPLOYMENT HEALTH REASSESSMENT

PDHRA

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