

THE
POST-DEPLOYMENT
HEALTH
REASSESSMENT
PROGRAM

The U.S. Army is committed to providing every Soldier with access to the health care programs needed to maintain medical readiness, fitness, and well-being. An integral part of the Deployment Cycle Support process, the Post-Deployment Health Reassessment, or PDHRA, helps you identify your health care needs and facilitates access to resources that help meet these needs.



How the PDHRA fits into
Deployment Cycle Support for Soldiers



POST-DEPLOYMENT
HEALTH REASSESSMENT PROGRAM



What is the Post-Deployment Health Reassessment, or PDHRA?

The PDHRA, part of the Force Health Protection Program, 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.

What we have learned from experience...

- Deployment-related health concerns often evolve over time.
- Re-adjustment issues may not emerge until Soldiers re-enter their work and home environments.

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 loved ones?

The PDHRA provides you with...

- The **opportunity** to learn more about some of the common experiences Soldiers face after returning from operational deployments and how to address them.
- Help in **identifying** your health and re-adjustment concerns early so you can resolve problems before they could 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 health care provider, local Medical Treatment Facility, or call the Wounded Soldier and Family Hotline at 1-800-984-8523 for assistance.

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

The PDHRA is required for all current U.S. Army Active Duty, Army National Guard, and U.S. Army Reserve Soldiers who have returned from deployment to a combat zone since 10 MARCH 2005. Soldiers who deployed between 11 SEPTEMBER 2001 and 9 MARCH 2005 are highly encouraged to participate in the PDHRA, but are not required to do so.

In most cases, Soldiers will complete the PDHRA 90 to 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.

How do I complete the PDHRA?

In most cases, you will be scheduled for your PDHRA with your unit. In some cases, you will complete the PDHRA online and speak with a provider located at the PDHRA Call Center or a local Military Treatment Facility. **Your chain of command has access to all of the information you will need to proceed.**

Does any training accompany the PDHRA screen?

The U.S. Army developed the Battlemind II training program to accompany the PDHRA. Battlemind II includes video vignettes that help Soldiers relate combat skills to feelings they may be experiencing after deployment. Battlemind II training emphasizes safe and healthy personal relationships and teaches Soldiers to look out for each other's health. Training and materials are available for Soldiers, Family members, and loved ones. Visit www.battlemind.org for more information.

Where can I obtain more information?

Visit the PDHRA for Soldiers page under "My Medical Readiness" in Army Knowledge Online for answers to frequently asked questions and points of contact. Visit <http://fhp.osd.mil/pdhrainfo> for more information about the PDHRA program.

Additional Resources:

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

Army Behavioral Health:
www.behavioralhealth.army.mil

Military OneSource: 1-800-342-9647
or www.militaryonesource.com

Veteran's Affairs Health Care:
www1.va.gov/health



Is the process the same for U.S. Army Active Duty, Army National Guard, and U.S. Army Reserve Soldiers?

The process for each component differs slightly. If it has been 90 days since you redeployed, then you are eligible now. The detailed steps for each component are listed below:

U.S. Army Active Duty:

Complete the PDHRA at your installation as part of a unit-scheduled event or on a walk-in or appointment basis at your local Military Treatment Facility. For more information on the process for U.S. Army Active Duty PDHRA, visit "My Medical Readiness" in AKO.

Army National Guard:

Complete the PDHRA one of two ways:

1) As part of a screening event conducted at your local armory,
- or -

2) Via the PDHRA Call Center. Begin by filling out the automated PDHRA form, the DD Form 2900, located in Army Knowledge Online and complete the PDHRA by speaking with a trained health care provider located at the PDHRA Call Center. For more information, visit www.virtualarmory.com/mobiledeploy.

U.S. Army Reserve:

Complete the PDHRA one of two ways:

1) As part of a unit-scheduled screening event,
- or -

2) Via the PDHRA Call Center. Begin by filling out the automated PDHRA form, the DD Form 2900, located in Army Knowledge Online and complete the PDHRA by speaking with a trained health care professional located at the PDHRA Call Center. For more information on the process for U.S. Army Reserve PDHRA, visit "My Medical Readiness" in AKO.