

## A message to Navy families...

We recognize that deployment may have an impact on the health and wellbeing of those who serve our country. Our mission is to provide quality healthcare to our dedicated Sailors and help provide peace of mind to you, their dedicated families.

The Post-Deployment Health Reassessment, or PDHRA, is part of the force health protection program designed to extend the continuum of care for the deployment-related health concerns of our Sailors. It provides education, screening, assessment and access to care for a wide variety of questions and concerns that you and your loved one may have about their health after their return from deployment. The PDHRA, the second of two post-deployment health checks, provides your loved one with another opportunity to discuss questions or concerns with a healthcare provider.

### **How does the PDHRA process work?**

The PDHRA is scheduled to begin three-to six-month after Sailors return from deployment. A questionnaire is used to gather current demographic and health status information. Then, the Sailors will have an opportunity to discuss their deployment health concerns with a healthcare provider. Together with the provider they can determine what additional services are needed, and referrals will be made at this time, if necessary.

### **Why are post-deployment health assessments important?**

Family members are often concerned about the health and safety of their loved ones during deployment. And, when loved ones return, families may worry about how deployment has affected the Sailor's health and wellbeing.

When the Sailor in your family completes the PDHRA, you can be reassured that their health concerns and issues are receiving professional attention. The PDHRA gives your loved one the opportunity to receive professional healthcare advice that can help put your mind at ease.

### **Why is this health assessment being offered to Sailors?**

We know that deployment health concerns may not be noticed immediately after deployment. After your loved one gets back home and settles back into life and work, you may notice things are not quite right. Your concerns may be mild, or they may be more troublesome. They may affect your entire family. And, your loved one may not know the best place to go to find out what to do about it. The PDHRA program gives your loved one an opportunity to access care after returning from deployment.

### **How can I help my loved one and be a part of this process?**

If you or your loved one recognize any health-related issues that need to be addressed, you don't have to wait for the PDHRA. Encourage your loved one to seek healthcare advice for any health problems or issues they may have. Active duty members should contact their primary care provider. Reserve component members should use the TRICARE benefits they have earned (six-months of benefits after returning from deployment), Veteran's Administration benefits (2-years after returning from deployment) or contact their personal healthcare provider.





# The Post-Deployment Health Reassessment

*Safeguarding the health of those who protect us*

You can help by encouraging your loved one to take advantage of the PDHRA program when their unit or commander notifies them that it is time to participate in the program – about three- to six-months after their return from deployment. Remind your loved one that the PDHRA program is another opportunity to take advantage of the healthcare services provided to them. Encourage them to participate in the program.

**Where can I get more information on the PDHRA program and deployment health?**

If you or your loved one has questions about the PDHRA program, information is available at <https://fhp.osd.mil/pdhrainfo> or by calling the Deployment Health Help Line at 1-800-497-6261.

