

## What Marines need to know...

### **What is the Post Deployment Health Reassessment (PDHRA)?**

The Post-Deployment Health Reassessment, or PDHRA, is part of the force health protection program. It extends the continuum of care for the deployment-related health concerns of our Marines. The PDHRA provides education, screening, assessment and access to care for a wide variety of questions and concerns that you may have about your health after you return from deployment.

Our mission is to provide a full range of services to you and your family. We recognize that deployment may have an impact on your health and well-being. Our commitment is to programs that successfully safeguard your health and wellbeing. Our goal is to avoid or minimize any negative impact deployment may have had on your health.

### **Who can participate in the PDHRA?**

While the initial focus of the program is those Marines who fall within this three- to six-month time period, the program will be made available to all Marines who have returned from deployment since September 11, 2001. Marines who have returned from deployment and are beyond the six-month period will be contacted by their unit or Commander with details regarding their participation in the PDHRA.

### **What if my deployment ended more than six months ago but I still want to complete the reassessment?**

All Marines who have returned from deployment since September 11, 2001, will have the opportunity to participate in this health reassessment. In most cases, your commander will contact you when you are eligible to participate in the PDHRA. However, 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. Please contact your healthcare provider directly if any healthcare concerns arise at any time post-deployment.

### **Why should I complete this reassessment?**

You are your own best health advocate. By completing the PDHRA you have an opportunity to take charge of your health and take advantage of the healthcare and community services available to you. Identifying health concerns early allows us to treat your health concerns before they become chronic problems.

### **How do I complete the initial PDHRA questionnaire?**

Your unit or Commander will contact you when it is time to begin the PDHRA process. You will receive instruction then about the next steps to take.

### **What happens after I complete the questionnaire?**

A primary care provider will review your health concerns with you and discuss any deployment-related health questions you may have. If needed, the healthcare provider will refer you for further treatment or to additional resources.

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

If you have 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.

