

**PHYSICAL EXAM SECTION
BLDG 4100
REDSTONE ARSENAL, 35809-7009
256-955-8888 ext. 1402
0630-1430 M-F, Closed 1300 Thursday**

PHYSICAL EXAM CHECKLIST

Part I **Preliminary**

_____ **Eye Screening**
Optometry Clinic is located on the 2nd floor of FOX(0800-1045/Mon-Fri). **Please do not wear contact lenses.** Bring prescription glasses with you.

_____ **Lab Work**
The lab opens @ 0700. You must fast at least 12 hours prior to getting labs drawn. When fasting you may only drink water and take medications needed on a daily basis. (Do not eat or do PT during this time frame).

_____ **Dental Exam**
Dental exams are done on a walk-in basis between 0730 and 0900. All flight physicals require a dental exam. Dental exams done within a year are not required.

_____ **Hearing Test**
Hearing exams are performed in the Occupational Health Clinic.

_____ **GYN (if needed)**
Required if over a year since last visit. Make at appt with your PCM as soon as possible.

_____ **Chest X-ray (if needed)**
Chest x-rays are done in the Radiology Department @ FOX Army Health Center walk-in basis.

_____ **EKG (if needed)**
EKG's are done on a walk-in basis @ Warrior Medicine Clinic.

_____ **(Instructions for filling out Forms 2802 and 2807-1)**

On DD Form 2808 fill out the front #1 to letter C.
On DD Form 2807-1 fill out the front and answer the YES/NO questions.
For every question that is marked YES from #10 through #28 give statement in block #29.

PART II: Physical Examinations are done by a Health Care Provider after completing Part I of the physical. Appointments for Part II physicals are scheduled after all paperwork, labs, x-rays, EKG's, eye exams, and any other required tests are completed. Plan on 7 to 14 or more days between Part I and Part II to allow for all labs and test to be completed. Please report in PT uniform for Part II physical.

BRING MEDICAL RECORDS , MILITARY AND CIVILIAN , WITH YOU WHEN YOU CHECK-IN @ PHYSICAL EXAMS FOR THE PART II APPOINTMENT.

RETIREMENT PHYSICALS ONLY: Per AR 40-501 – Voluntary requests for medical examinations should be submitted to the commander of the servicing MTF not earlier than 6 months nor later 1 month prior to the anticipated date of separation or retirement.