PRE-DEPLOYMENT HEALTH ASSESSMENT

This statemer	nt serves to inform you of the purpose for collecting	PRIVACY ACT STATEMENT	hrough the DD Form 2795 (Pre-Denloyment	Health Assessment)		
AUTHORITY:	10 U.S.C. 136, Under Secretary of Defense for	,		` ' '	,		
	DoDI 1404.10, DoD Civilian Expeditionary World						
PURPOSE:	URPOSE: To obtain information from an individual in order to assess the state of the individual's health before possible deployment outside the United States, its territories and possessions as part of a contingency, combat, or other operation and to assist health care providers in identifying and providing present future medical care to the individual. The information provided may result in a referral for additional health care that may include medical, dental, or behavioral health care or diverse community support services.						
ROUTINE USES:	Your records may be disclosed to other Federa treatment. Use and disclosure of you records of which incorporates the DoD "Blanket Routine Uhealth information (PHI) in your records may be implemented within DoD by DoD 6025.18-R. Properations.	outside of DoD may also occur in ac ses" published at: http://dpclo.defee used and disclosed generally as p	ccordance with 5 U.S.C. 552 nse.gov/privacy/SORNs/bla permitted by the HIPAA Priva	2a(b) of the Priva nket_routine_use acy Rule (45 CFF	cy Act of 1974, as amende es.html. Any protected R Parts 160 and 164), as		
DISCLOSURE:	Voluntary. If you chose not to provide informat HOWEVER, CARE WILL NOT BE DENIED.	on, comprehensive healthcare serv	vices may not be possible or	r administrative d	elays may occur.		
INSTRUCTIONS:	You are encouraged to answer all questions. You are encouraged to answer all questions. You are encouraged to answer all questions.		portion on who you are and	when you will de	eploy. If you do not		
DEMOGRAPI	HICS						
Last Name _		First Name		Midd	le Initial		
Social Secur	ity Number	Today's Date	e (dd/mmm/yyyy)	y)			
Date of Birth	(dd/mmm/yyyy)	Gender O	Male O Female				
O USPHS	Active Dut/ O National Guard Reserves O Civilian Governmen		Pay Grade D E1 D E2 D E3 O E4 O E5 O E6 O E7 O E8 O E9	O O1 O O2 O O3 O O4 O O5 O O6 O O7 O O8 O O9 O O10	O W1 O W2 O W3 O W4 O W5		
Phone: Cell: DSN: Email: Address:	act information:	Name Phone Email	e: :: ess:				
	e of upcoming deployment (dd/mmi						
	ation (if known):			_			
-	ployments have you done before?		2 03 04	05 00	or more		
	-	3110110 31 01	_ 00 07		J. 111010		
	estion was answered as one or more) return from your last deployment?	• (Mmm yyyy)					

	D	eployer's SSN (La	st 4 digits):		
1.	Overall, how would you rate your health during the PAST MONTO Excellent O Very Good O Good O Fair O Poor	гн?			
2.	Are you CURRENTLY on a profile, limited duty, waiting on a MOS/Medical Retention Board (MMRB) decision, or being referred to a medical evaluation board (MEB) or physical evaluation board (PEB)?	O Yes For v O No O Don't know	what reason?		
3.	How often do you smoke tobacco (for example cigarettes, cigars, pipe or hookah)?	O Just about O Some day O Not at all			
4.	What problems, questions or concerns do you have about your medical, dental, or mental health?	O Please ex O None	plain:		
5.	FEMALES ONLY – Are you pregnant or is there a chance you could be pregnant?	O Don't know O Yes O No	V		
6.	In the PAST YEAR did you receive care for a head injury?	O Yes Plea O No	se explain:		
7.	What prescription or over-the- counter medications (including herbals/supplements) for sleep, pain, combat stress, or mental health conditions or concerns are you CURRENTLY taking?	O Please list	:		
8.	In the PAST YEAR did you receive care for any mental health condition or concern such as, but not limited to post traumatic stress disorder (PTSD), depression, anxiety disorder, acohorabuse or substance abus 2	P No	se explain:		
9.	During the PAST MONTIL how much have you been both rea b	y any of the following			
	Symptom		Not bothered at all		Bothered a lot
	 Noises in your head or ears (such as ringing, buzzing, crickets, hu Trouble hearing 	mming, tone, etc.)	0	0	0
	 a. How often do you have a drink containing alcohol? O Never O Monthly or less O 2-4 times a month O 2-3 t b. How many drinks containing alcohol do you have on a typic O 1 or 2 O 3 or 4 O 5 or 6 O 7 to 9 O 10 or more c. How often do you have six or more drinks on one occasion? O Never O Less than monthly O Monthly O Weekly O Weekly d. Have had nightmares about it or thought about it when you did not. Tried hard not to think about it or went out of your way to avoid so. Were constantly on guard, watchful or easily startled? 	al day when you are D Daily or almost daily rible, or upsetting the ot want to? ituations that remind y	drinking?	ONTH, you: C C C	O Yes O No O Yes O No O Yes O No
	d. Felt numb or detached from others, activities, or your surroundin	ys r		C	Yes O No

NOTE: If 2 or more items on 11a. through 11d. are marked yes, continue to answer items 11e. through 11v.

Deployer's SSN (Last 4 digits):

			Not at all	m in the PAST		rately	Quite a	a bit	Extremel
1e.	Repeated, disturbing memories, thoughts, or images of stressful experience from the past?	а	0	0)	0		0
1f.	Repeated, disturbing dreams of a stressful experience f the past?	rom	0	0	()	0		0
1g.	Suddenly acting or feeling as if a stressful experience w	ere	0	0))	0		0
1h.	happening again (as if you were reliving it)? Feeling very upset when something reminded you of a		0	0)	0		0
1i.	stressful experience from the past? Having physical reactions (e.g., heart pounding, trouble breathing, or sweating) when something reminded you control of the past?		0	0	()	0		0
1j.	stressful experience from the past? Avoid thinking about or talking about a stressful experience from the past or avoid having feelings related to it?	nce	0	0	()	0		0
1k.	Avoid activities or situations because they remind you o stressful experience from the past?	f a	0	0	()	0		0
11.	Trouble remembering important parts of a stressful experience from the past?		0	0	()	0		0
1m.	Loss of interest in things that you used to enjoy?		0	0	()	0		0
	Feeling distant or cut off from other people?		0	0)	0		0
	Feeling emotionally numb or being unable to have loving feelings for those close to you?	g	0	0)	0		0
1p.	Feeling as if your future will somehow be cut short?		0	0	()	0		0
	Trouble falling or staying asleep?		0	0	()	0		0
1r.	- · · · · ·		0	0)	0		0
1s.	Having difficulty concentrating?		0	0)	0		0
1t.	Being "super alert" or watchful, on guard?		Ō	0)	Ō		0
	Feeling jumpy or easily startled?		0	0)	0		0
	7	t difficu		omewhat diffi		ery diffic			nely difficu
	How difficult have these phoblems (11e. hrough 11u) made it for you to to your work, take care of things at home, or get along with other people? er the LAST 2 WEEKS, how often bave you been but No.	hered t at all		ing proble	ے More th	an half	◢ the days	. N	early ever
	Little interest or pleasure in doing things Feeling down, depressed, or hopeless	0))		0		<u> </u>	0
ΓE:	If 12a. or 12b. are marked "More than half the day	/s" or "	Nearly eve	rv dav." cor	ntinue to	answe	r items '	12c. tl	hrough 12
	the LAST 2 WEEKS, how often have you been bothered b			Fow o	r several		than half	;	
	e following problems?	y arry	Not at al		ays		e davs	Ne	arly every o
	Trouble falling/staying asleep, sleep too much.		0		0		0		0
	Feeling tired or having little energy.		0		0		0		0
	Poor appetite or overeating.		0				0		0
26. 2f.		have	0		0		0		0
2g.	Trouble concentrating on things, such as reading the newspaper or watching television.		0		0		0		0
2h.	Moving or speaking so slowly that other people could had noticed. Or the opposite – being so fidgety that you have been moving around a lot more than usual.	ave /e	0		0		0		0
			Not difficu at all		newhat ficult	Very	difficult		Extremely difficult
2i.	How difficult have these problems (12a.through12h.) ma for you to do your work, take care of things at home, or along with other people?		0		0		0		0
a.	Over the PAST MONTH, what major life stressors ha you experienced that are a cause of significant conc or make it difficult for you to do your work, take care	ern		None or Please list and	d explain:				

Deployer's SSN (Last 4 digits):

Health Care Provider Only - Provider Review	, Interview, Assess	ment, and Reco	mmendations:
Deployer is deploying to	Has deployed	times before.	Last returned

1. Address concerns identified on deployer questions 1 through 8.

Deployer question	Not answered	Deployer indicated concern or yes	Deployer's response	Provider comments (if indicated)
Self health rating	0	0		
MEB or PEB	0	0		
Medical, dental, or mental health concern	0	0		
Pregnancy	0	0		
Head injury	0	0		
Medications	0	0		
History of mental health care	0	0		

- 2. Hearing and tinnitus as reported in deployer question 9.
 - a. Did deployer mark he/she bothered a little or a lot in the past month by "noises in head or ears" or "trouble hearing"?
 - b. If yes, referral indicated?

- O Yes
- O No (go to block 3)
- O Yes (complete blocks 11 and 12)
- O No O Already under care
 - O Already has referral
 - O No significant impairment
 - O Other reason (explain):

3. Alcohol use as reported in deployer question 10.

a.	Deployer's AUDIT-C screening score was (If score between	 O Not answered
	0-4 (men) or 0-3 (women) nothing required, go to block 4).	
	Number of drinks per week: Maximum number of drinks per occasion:	
	Based on the AUDIT-0 sco e and assessment of alcohol se, ollow the cuidance below:	

Alcohol Use Intervention Matrix					
Assess Alcohol Use	AUDIT-C Score Men 5-7 Women 4-7	AUDIT-C Score Men and Women ≥ 8			
Alcohol use WITHIN recommended limits: Men: \leq 14 drinks per week $\underline{OR} \leq$ 4 drinks on any occasion Women: \leq 7 drinks per week $\underline{OR} \leq$ 3 drinks on any occasion	Advise patient to stay below recommended limits	Refer if indicated for further evaluation			
Alcohol use EXCEEDS recommended limits: Men: > 14 drinks per week or > 4 drinks on any occasion Women: > 7 drinks per week or > 3 drinks on any occasion	Conduct BRIEF counseling* AND consider referral for further evaluation	AND conduct BRIEF counseling*			

- * BRIEF counseling: Pring attention to elevated level of drinking; Recommend limiting use or abstaining; Inform about the effects of alcohol on health; Explore and help/support in choosing a drinking goal; Follow-up referral for specialty treatment, if indicated.
- b. Referral indicated for evaluation?

- O Yes (complete blocks 11 and 12)
- O No Provide education/awareness as needed.

State reason if AUDIT-C score was 8+:

- O Already under care
- O Already has referral
- O No significant impairment
- O Other reason (explain): _____

Deployer's SSN (Last 4 digits):	

		_					_	
4	PTSD	screening	as re	norted	in d	lenlover	auestion	11

a. Did deployer mark yes on two or more of questions 11a. through 11d.?

O Yes

O No (go to block 5)

O Not answered by deployer

b. If yes, deployer's responses to questions 11e. through 11u. resulted in a PCL-C score of _____ and the deployer's response to level of impairment with life events (11v.) is indicated in the table below.

O 11e. through 11v. were not answered or are incomplete.

Based on the PCL-C score, the deployer's level of functioning, and your exploration of responses, follow the guidance below:

Post-Traumatic Stress Disorder Intervention Matrix						
Self-Reported Level of Functioning	(Sub-threshold or		PCL-C Score ≥ 50 (Severe Symptoms)			
Not Difficult at All O or Somewhat Difficult	No intervention	Provide PTSD education*		Consider referral for further evaluation AND provide PTSD education*		
Very Difficult O to Extremely Difficult	Assess need for further evaluation AND provide PTSD education*	Consider referral for further evaluation AND provide PTSD education*		Refer for further evaluation AND provide PTSD education*		

PTSD Education = Reassurance/supportive counseling, provide literature on PTSD, encourage self-management activities, and counsel deployer to seek help for worsening symptoms.

c. Referral indicated?

O Yes (complete blocks 11 and 12)

O No

- O Already under care
- O Already has referral
 O No significant impairment
- O Other reason (explain):



No (go to b O Not answered by deployer

b. If yes, deployer's responses to questions 12a. through 12h. resulted in a total PHQ-8 score of _ and the deployer's response to level of impairment with life events (12i.) is indicated in the table below.

O 12c. through 12i. were not answered or incomplete.

Based on the PHQ-8 score, deployer's level of functioning, and exploration of responses, follow the guidance below:

	Depression Intervention Matrix					
Self-Reported Level of Functioning	PHQ-8 Score 1-4 (No Symptoms)	PHQ-8 Score 5-9 (Sub-Threshold Symptoms)	PHQ-8 Score 10-14 (Mild Symptoms)	PHQ-8 Score 15-18 (Moderate Symptoms)	PHQ-8 Score 19-24 (Severe Symptoms)	
Not Difficult at All O or Somewhat Difficult	No intervention	Depression education*		Consider referral for further evaluation AND provide depression education*	Consider referral for further evaluation AND provide depression education*	
Very Difficult O to Extremely Difficult	1A	further evaluation ND sion education*	Consider referral for further evaluation AND provide depression education*	Consider referral for further evaluation AND provide depression education*	Refer for further evaluation AND provide depression education*	

Depression Education = Reassurance/supportive counseling, provide literature on depression, encourage self-management activities, and counsel deployer to seek help for worsening symptoms.

c. Referral indicated?

O Yes (complete blocks 11 and 12)

O No O Already under care

- O Already has referral
- O No significant impairment
- O Other reason (explain):

Deploy	ver's SSN (Last 4 digits):
Major life stressor as reported on deployer question 13.	
a. Did deployer mark they have a concern or a difficulty with a major life stressor?	O Yes Deployer's concern: O No (go to block 7) O Not answered by deployer
b. If yes, ask additional questions to determine level of problem:	
c. Consider need for referral. Referral indicated?	O Yes (complete blocks 11 and 12) O No O Already under care O Already has referral O No significant impairment O Other reason (explain):
Suicide risk evaluation.	
a. Ask "Over the PAST MONTH, have you been bothered by thoughts that you would be better off dead or of hurting yourself in some way?"	O Yes O No (go to block 8)
b. If 7.a. was yes, ask : "How often have you been bothered by these thoughts?"	O Few or several days O More than half of the time O Nearly every day
c. If 7.a. was yes, ask: "Have you had thoughts of actually hurting yourself?"	O Yes (If yes ask questions 7d. through 7g.) O No (If no thoughts of self-harm, go to block 8)
d. Ask "Have you thought about how you might actually hurt yourself?"	O Yes How?O No
e. Ask "There's a big difference between having a thought and acting on a thought. How likely do you think it is that you will act on these thoughts about hurting yourself or ending your life over the next month?"	O Not at all likely O Somewhat likely O Very likely
f. Ask "Is there anything hat would preven or keep you from harming surself?"	S What
g. Ask "Have you ever attempted to have you self in the past?"	Yes How?
h. Conduct further risk assessment (e.g., interpersonal conflicts, social isolation, alcohol/substance abuse, hopelessness, severe agitation/anxiety, diagnosis of depression or other psychiatric disorder, recent loss, financial stress, legal disciplinary problems, or serious physical illness).	Comments:
i. Does deployer pose a current risk for harm to self?	O Yes (complete blocks 11 and 12) O No
Violence/harm risk evaluation.	
a. Ask, "Over the past month have you had thoughts or concerns that you might hurt or lose control with someone?"	O Yes O No (go to block 9)
If yes, ask additional questions to determine extent of problem (target, plan, intent, past history) Comments:	
b. Does member pose a current risk to others?	O Yes (complete blocks 11 and 12) O No (briefly state reason):
Medical History Review – if available, hard copy and/or electronic health records (including DD2766 and SF-600 entries, and most recent past deployment health assessments).	O Completed O No health records available
a. Significant findings related to ability to deploy:	
b. Evidence of deployment limiting conditions or medications?	O Yes O No

Deployer's SSN (Last 4 digits):	4 digits):	Deployer's SSN (Last 4
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a. Primary Care, Family Practice, Internal Medicine b. Behavioral Health in Primary Care c. Mental Health Specialty Care	0 0	0	30 days
c. Mental Health Specialty Care	-	0	0
c. Mental Health Specialty Care	0		
		0	0
d. Dental	0	0	0
e. Other specialty care:	0	0	0
Audiology	0	0	0
Dermatology	0	0	0
OB/GYN	0	0	0
Physical Therapy	0	0	0
TBI/Rehab Med	0	0	0
Podiatry	0	0	0
Other, list	0	0	0
f. Case Manager / Care Manager	0	0	0
g. Substance Abuse Program	0	0	0
h. Immunization Clinic	0	0	0
i. Laboratory	0	0	0
j. Other, list:	0	0	0
	Dermatology OB/GYN Physical Therapy TBI/Rehab Med Podiatry Other, list f. Case Manager / Care Manager g. Substance Abuse Program h. Immunization Clinic i. Laboratory	Dermatology OB/GYN OPhysical Therapy OTBI/Rehab Med OPodiatry Other, list Of. Case Manager / Care Manager G. Substance Abuse Program Oh. Immunization Clinic O i. Laboratory ODB/GYN O O O O O O O O O O O O O O O O O O O	Dermatology

14. Medical assessment/disposition:

- O Deployable
- O Deployable at present, but requires medical readiness updates. May delay or make undeployable, e.g., pregnancy test, immunizations, overdue Pap test, dental exam, PHA, outdated eyeglass prescription, (add comments block 15).
- O Not Deployable potentially disqualifying condition requiring additional evaluation (add comments block 15).
- O Not Deployable other (add comments block 15).
- 15. Comments (Mandatory for any type of Not Deployable disposition).

16. Supplemental services recommended / information provided				
O Appointment Assistance	O Family Support			
O Contract Support:	O Military One Source			
O Community Service:	O TRICARE Provider			
O Chaplain	O VA Medical Center or Community Clinic			
O Health Education and Information	O Vet Center			
O Health Care Benefits and Resources Information	O Other, list:			
O In Transition				

Provider's Name:				Date (dd/mmr	n/yyyy)			
Title:	O MD or DO	O PA	O Nurse Practitioner	O Adv Practice Nurse	O IDMT	O IDC	O IDH	IS

I certify that this review process has been completed.

This visit is coded by V70.5 _ D