

POST-DEPLOYMENT HEALTH REASSESSMENT (PDHRA)



What is the PDHRA?

The PDHRA allows you to take proactive steps in maintaining your health and well-being, as well as ensuring readiness. It is unlike any other health screening offered by the Army, and it examines for physical and mental concerns that may arise following a deployment assignment.

It has three main components: Resiliency Training (formerly known as Battlemind Training), the DD Form 2900 and a confidential discussion with a healthcare provider. Each step, along with your honest participation given in a timely manner, will ensure an accurate assessment of your health.

Who takes the PDHRA?

All Soldiers and DA Civilians who have served in areas of combat should take this important health screening. Serving in combat situations places stress on your body unlike ever before and you may have unseen issues that need to be addressed in a timely manner.

When do you take the PDHRA?

The PDHRA is a key component of Deployment Cycle Support, which is detailed on the other side, and deployment readiness. Note that the PDHRA is unique and unlike any other screening offered by the Army. The key distinction is in the timing of the screening.

The PDHRA should be completed 90 to 180 days after deployment to effectively prevent, care or treat any issues following time in a combat area.

Where do you take the PDHRA?

Specific guidance will be provided by your Commander. However, you can begin the PDHRA by going to “My Medical Readiness” on AKO. There you will find more information and directions to the DD Form 2900. However, you will not be compliant until you speak with a healthcare provider.

Why should I take the PDHRA?

Your health impacts your future, your family and your job, so the PDHRA exists so that you can take proactive steps to protect yourself.

It provides you a snapshot of your mental and physical health following your deployment, which may be vital information should ailments or issues arise in the future.

It helps you proactively address any conditions which may effect your personal readiness and deployment status.

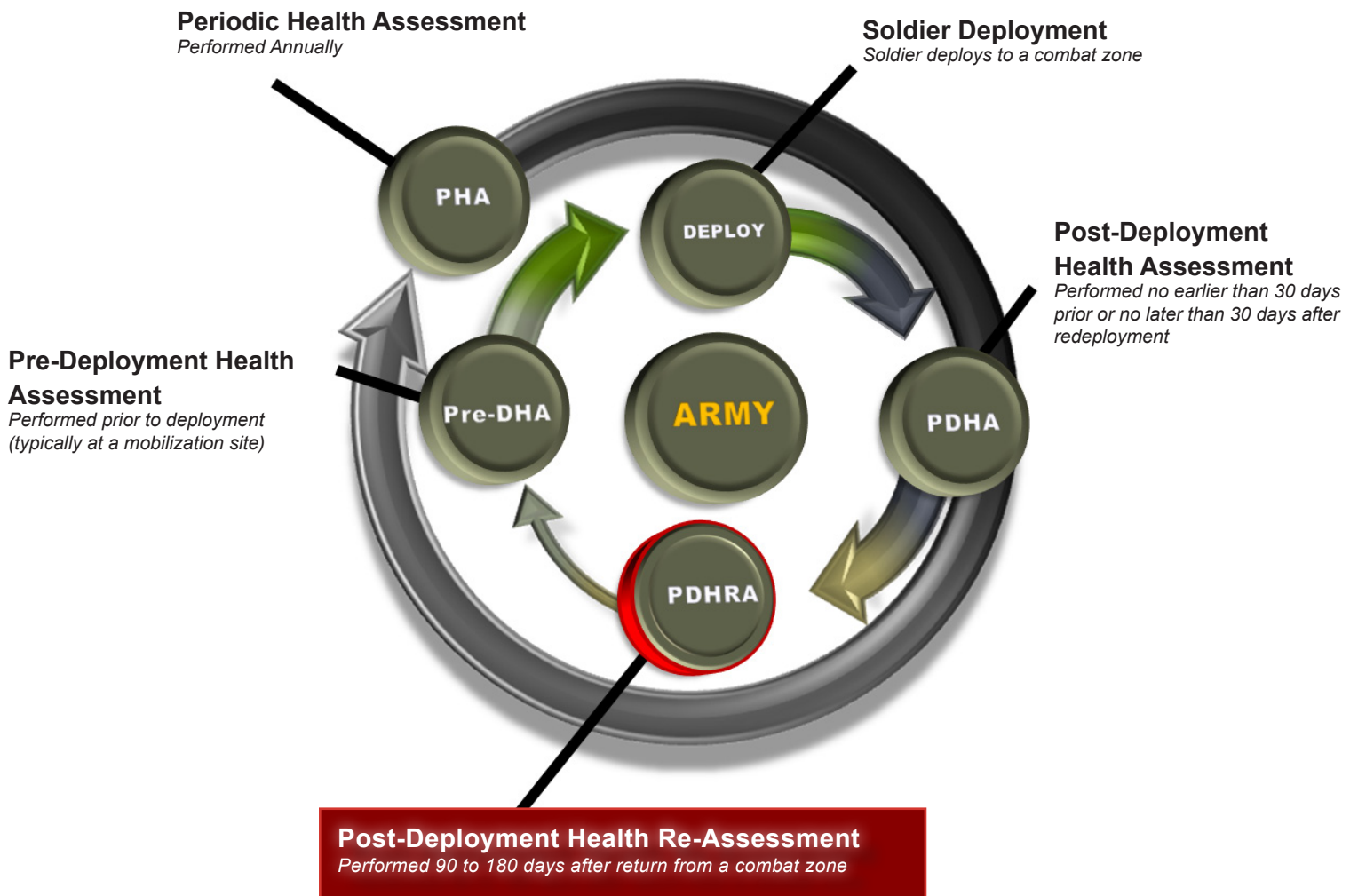
It allows you to examine behaviors or feelings that may be indicators of a deeper issue, and receive appropriate care. All of this can reduce stress and strain for yourself and your loved ones.



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Where does the PDHRA fit in the deployment cycle?



The PDHRA plays a vital role in readiness and resiliency. Presented 90 to 180 days following deployment, this important health screening examines for combat-related issues that may have gone undetected.

In one sense the PDHRA closes the chapter from your deployment, but it should also be seen as a way to prepare for future assignments. Unaddressed health issues could eventually impact your career and family life if left unattended.

