

Retirement Physicals

PHYSICAL EXAM HOURS

MONDAY-FRIDAY

0630-1530

ALL APPOINTMENTS START

AT 0630

PHYSICAL PICK UP TIME

MONDAY—FRIDAY 1300-1530

CLINIC LOCATION

SOLDIER SUPPORT CENTER

7TH FLOOR

APPOINTMENT LINE 907-7639

APPOINTMENT INFORMATION

- Once you know your terminal leave start date, call the appointment line at 907-7639 to schedule your physical.
- Once you schedule your physical, ensure that you get your Blood work and Chest X-Ray done prior to your appointment date.
 - ** Blood work is on a walk-in basis at your clinic or the hospital Laboratory after scheduling appt.
 - ** Ensure that you fast (no eating or drinking anything but water starting at 2200 the night prior)
 - ** No PT the day you get your blood work done
- Ensure that you arrive for your appointment in your Physical Fitness Uniform
- Be **ON TIME** for your appointment
- Don't be a **NO-SHOW**, if you are unable to make it to your appointment call Womack's Appointment Cancellation Line at 907-CNCL (2625)

- If you wear glasses bring them, do not wear your contacts the day of your physical.
- All retirees are afforded the opportunity to pick up a packet or use the appropriate forms flow document to type their portion of their retirement physical forms used are DD form 2807 and DD Form 2808

• . YOU MAY PICK UP YOUR PHYSICAL

7-10WORKING DAYS (providing you have completed your labs prior to your appointment and all results completed and normal)

(Hyperlink the DD Form 2807&2808 for retirees ONLY)

Veterans Compensation Program Physical.

- If you are planning to file a Veterans' Affairs (VA) claim for an injury or illness that is a result of military service, you can receive the separation and VA compensation physical examination at the same time.
- To combine your separation and VA physical and file a VA claim, you must begin the process well before you will leave the service. You can schedule this exam up to six (6) months (180 days) prior to the scheduled retirement date. Examinations will be required no later than 90 days prior to separation/retirement date. Contact the VA Winston-Salem Regional Office at **1-800-827-1000** for scheduling and information.
- If you do not meet the time deadline:
 - o Complete the VA disability compensation claim before final out-processing.
 - o Attend the VA disability claims briefing.
 - o Turn in the VA compensation claim for with your service medical records during final out-processing.
 - o The claim and your medical records will be forwarded to the Veterans Administration Regional Office (VARO) having jurisdiction over the address provided on the claim form. The VARO will then schedule any additional medical examination required to complete processing of the VA claim.

If you do not complete a VA disability claim before final out-processing you can contact the VARO by calling **1-800-827-1000** after separating from service. VARO will provide you with the disability claim form and other necessary information. Although a claim may be filed at any time after separation, it is recommended that the initial application be completed within one year of release from service