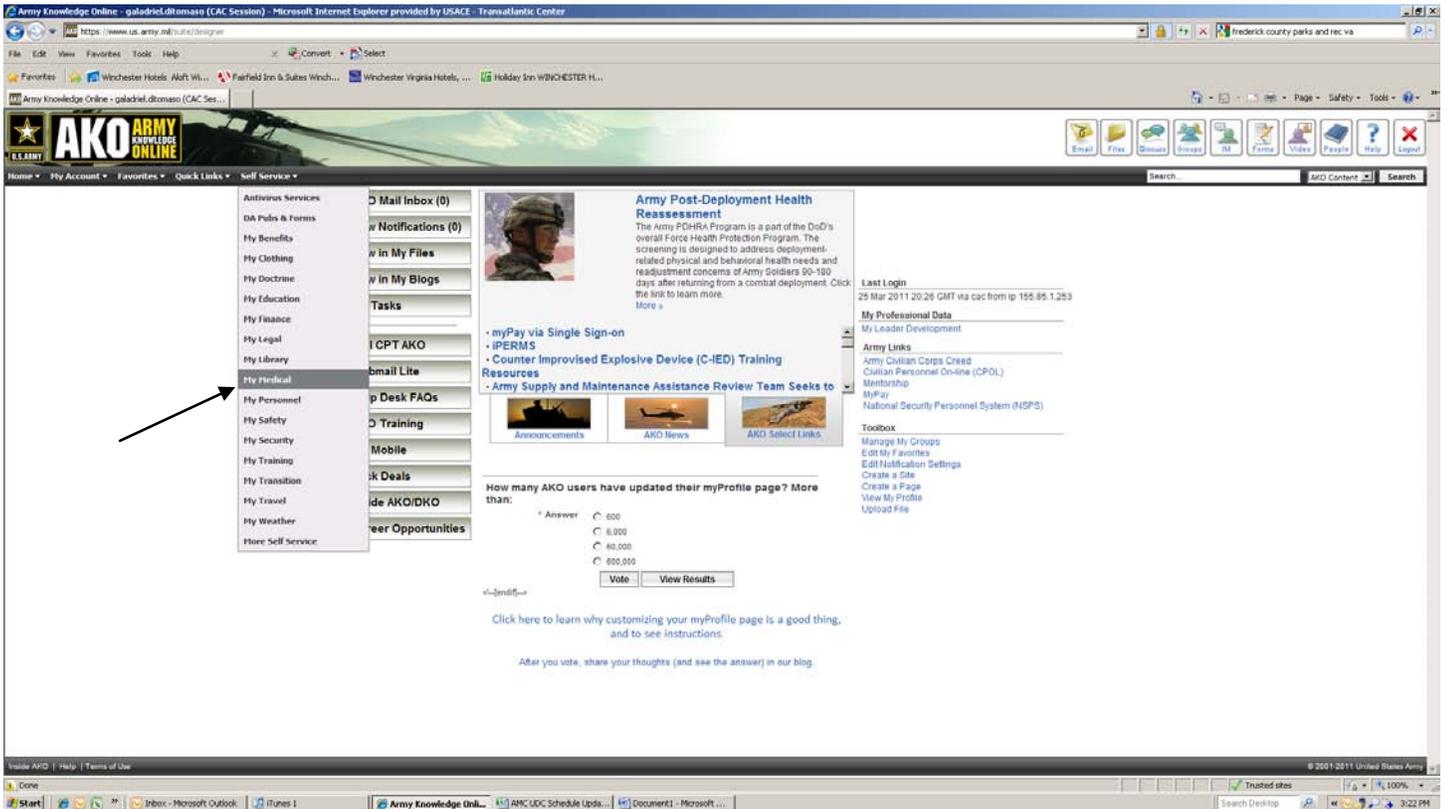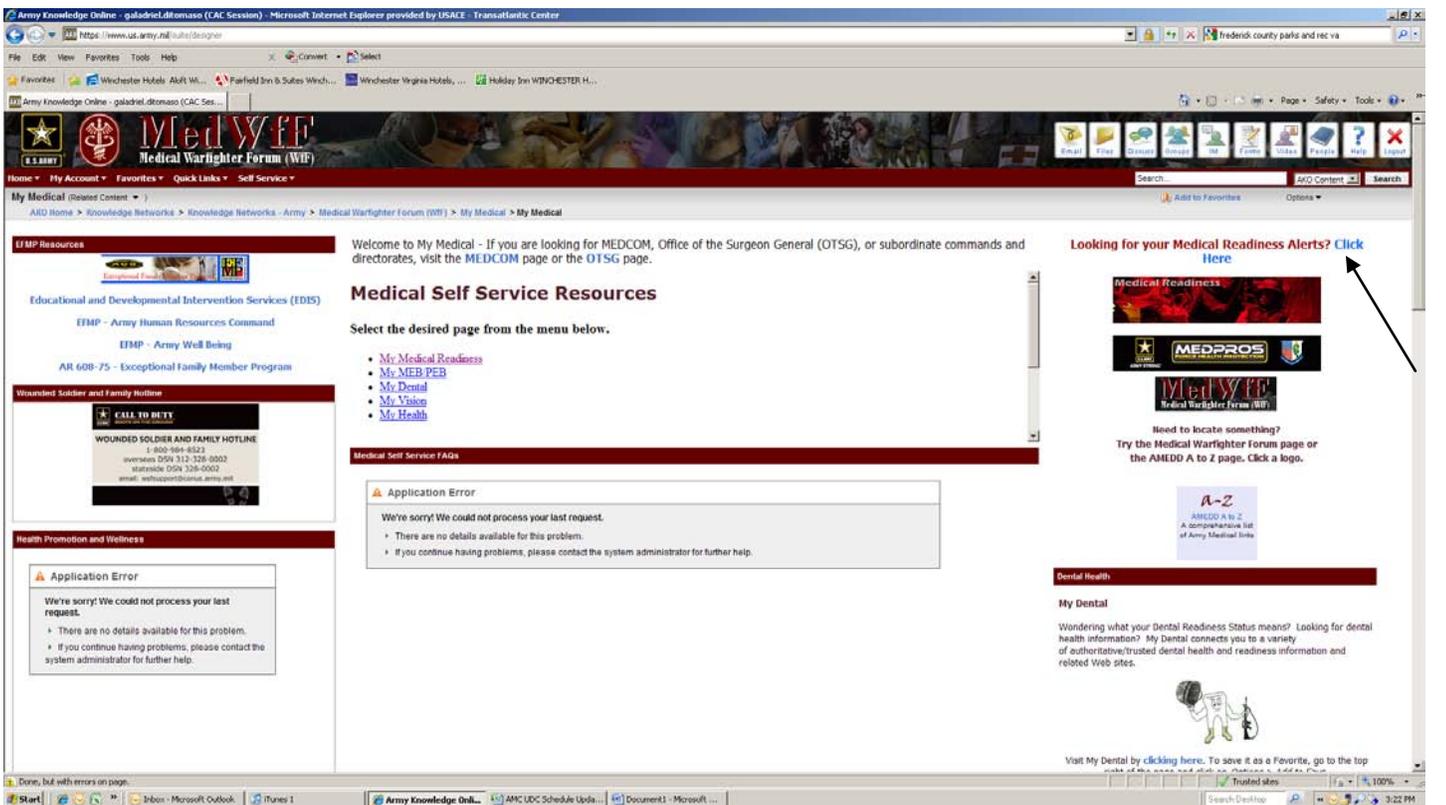1) Log into your AKO account at www.us.army.mil
2) Under AKO banner select the "Self Service" menu
3) Click "My Medical"



4) In the upper right hand corner click the blue "Click Here"

6) Click the "Deployment Health Assessment" link.



7) Click on "Pre Deployment DD2795" tab.

8) Click "Start a New Survey" button.  If you have a completed Survey from a previous deployment you will need a new one for this deployment.  If you have an incomplete survey from a previous deployment you may need to delete is before you can complete a new one.
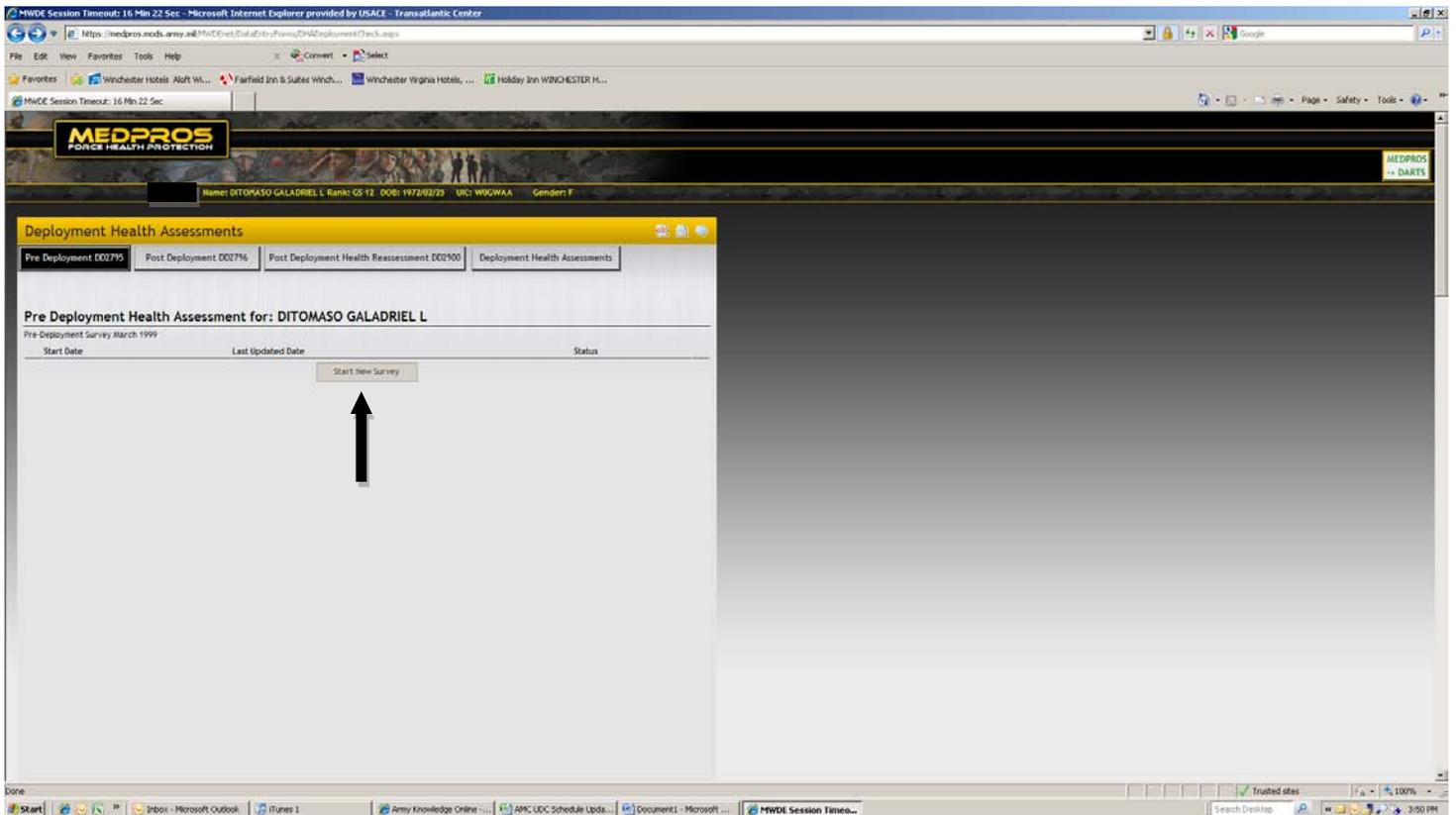


9) On the instructions page click "Next" button in the lower right hand corner.
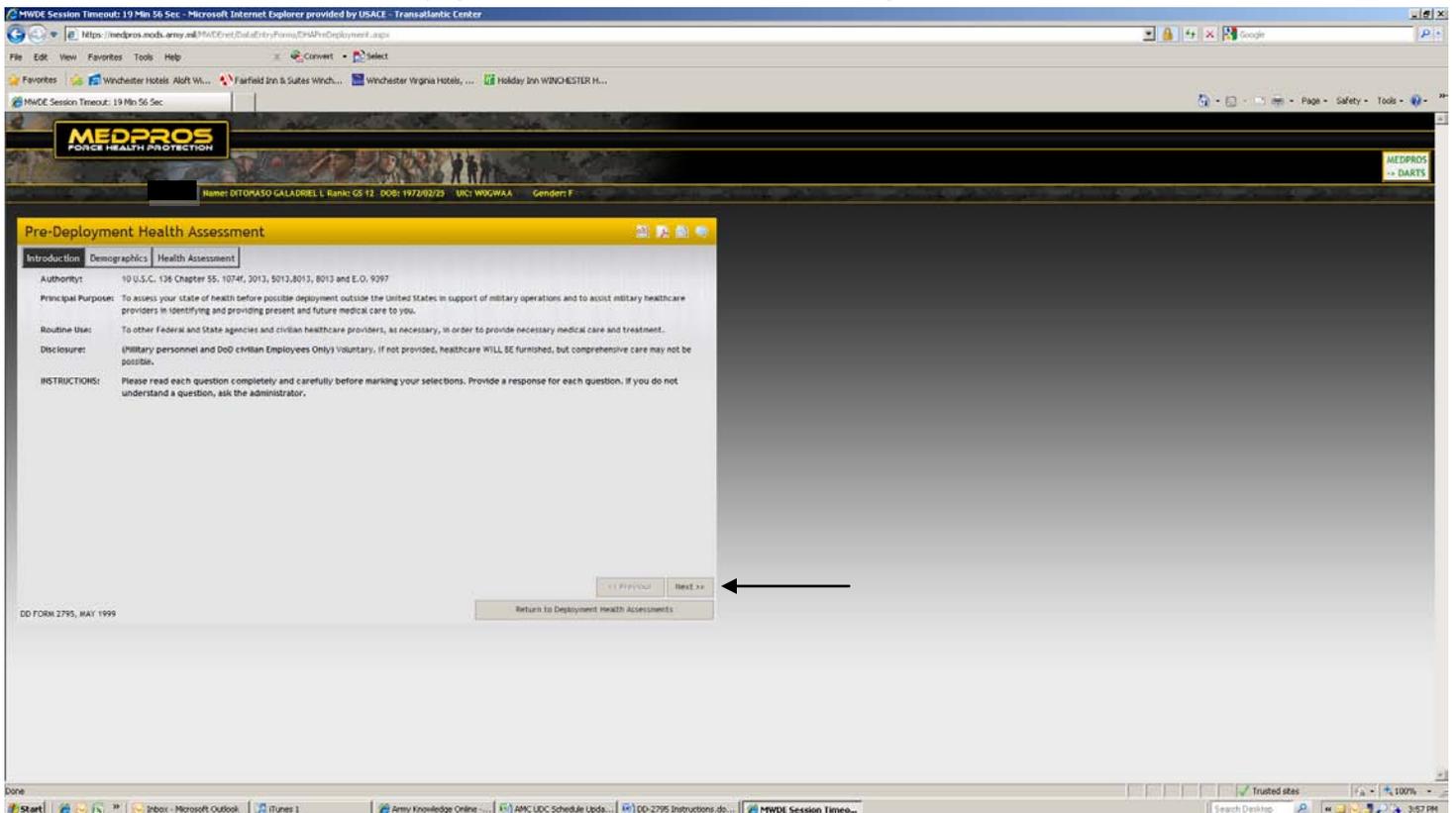
10) Complete all the yellow portions of the Demographics portion.  Make sure to select "Other" from the pay grade menu on the right.  When finished click "Next" button.



11) Complete the Health Assessment Portion and then click the "Submit" button.

12) A completed survey should have a blue "**Provider Portion Not Completed**" and a red "**Member Portion Not Completed**".  These items will be completed while you are the UDC.



13)  In order to print the DD-2795 you will need to use the print icon on the yellow header in the upper right hand corner.

14) Submit the printed copy of the DD-2795 to your AMC LNO as part of your medical package.