

The Physical Exams Clinic operates from 7:30 AM - 4:30 PM, Monday through Friday with Lunch hours from 12:00-1:00

The PE Clinic is responsible for performing physicals for: retirement, military schools, commissioning, and entry to military, officer candidates and Aviation physicals.

Schedule appointments for the physical examination at least two (2) weeks in advance through the Central Appointment System (866) 460-5305. The physical exam consists of two parts:

Part I:

Audiology, lab tests, vision screening and other tests depending on the type of physical requested.

- **Outpatient Laboratory (lab tests):** You must fast for 8-12 hours prior to taking laboratory tests (*nothing to eat or drink except water*). Come well hydrated. Do not exercise for 48 hours, or if ill or menstruating wait 48 hours after for lab purposes.

EXCEPTION: If you are pregnant or taking medication for diabetes, you should not fast according to the above instructions – call the Physical Examination Clinic at (760) 380-6861 for further information.

- **Audiology Clinic (hearing test):** Walk-in will be on WED. ONLY between the hour 8:00 AM – 11:00 AM. **NOTE:** testing on other days is by appointment only –Call (760) 380-3235 they will schedule this appointment.
- **Optometry Clinic (vision screening):** Performed at MEWC, by Appointment ONLY call Central Appointment System (866) 460-5305. **NOTE:** *If you use contact lenses, please wear eyeglasses on the day of your vision screening – the Optometry Clinic prefers to do the corrected vision with glasses rather than with contact lenses. (Remove your contact lenses at least 24 hours prior to the exam.)*
- **GYN Clinic (PAP smear):** Female Active Duty Army, U.S. Army Reserve and Army National Guard service members who have not had a routine PAP smear within the past two years should schedule an appointment with their Primary Care Manager (PCM).
 - Call Central Appointment System (866) 460-5305. Completion of this appointment prior to Part II is recommended but not required. **NOTE:** In lieu of this, reserve component personnel may bring in a copy of a current (within one year) pelvic exam from their private physician.
- **Dental :** Walk-in from 07:30-11:30 Monday through Friday
- **Other Clinics:** Depending on the type of physical exam requested (Over-40, Retirement, Special Forces application, etc.), other clinics visits may be necessary. For example, an EKG or Radiology for a chest x-ray.

Part II:

- Appointment for the physical examination and review of lab test results.
 - Because it may take from one (1) to two (2) weeks to get results of chest x-rays and certain blood tests, it is highly recommended that you complete Part I at least ten (10) working days prior to Part II.
 - Appointments for ETS physicals should not be earlier than four (4) months and no later than one (1) month prior to the anticipated date of separation (paragraph 8-23f, AR 40-501). Discharge orders are not required to make an appointment for an ETS physical. For Flight if a waiver is requested, medical records must be available for the Flight Physician to review.
 - If for some reason you cannot keep your appointment, please cancel or reschedule through the Central Appointment System at (866) 460-5305 or our office at (760) 380-6861 as early as possible – preferably at least 48 hours in advance.
- For problems or questions call the Physical Examination Clinic at (760) 380-6861.

Separation Physical.

- All soldiers must complete at minimum the Department of Defense Form 2697 (Report of Medical Assessment) prior to release from active duty.
 - This form provides a face to face interview with a medical provider in order to address any concerns and document any issues prior to separation from the military.
 - The data on the form will be used to initiate a work up by the VA if you should seek compensation for service-related issues.
 - Form DD 2808 and DD Form 2807-1.
- You are not required to complete a comprehensive separation physical when you are separating, but you may schedule one if you desire.

Retirement Physical.

- A retirement physical is mandatory and require the Department of Defense Form 2697, 2808, and 2807-1. Schedule your exam up to four months before retirement or transition leave. Physicals will not be scheduled less than 30 days from retirement. If you have an injury or illness that is a result of military service, please read the section on VA physicals.

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 Office at **1-800-827-1000** for scheduling and information.
- If you do not meet the time deadline:
 - Complete the VA disability compensation claim before final out-processing.
 - Attend the VA disability claims briefing.
 - Turn in the VA compensation claim for with your service medical records during final out-processing.
 - 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.