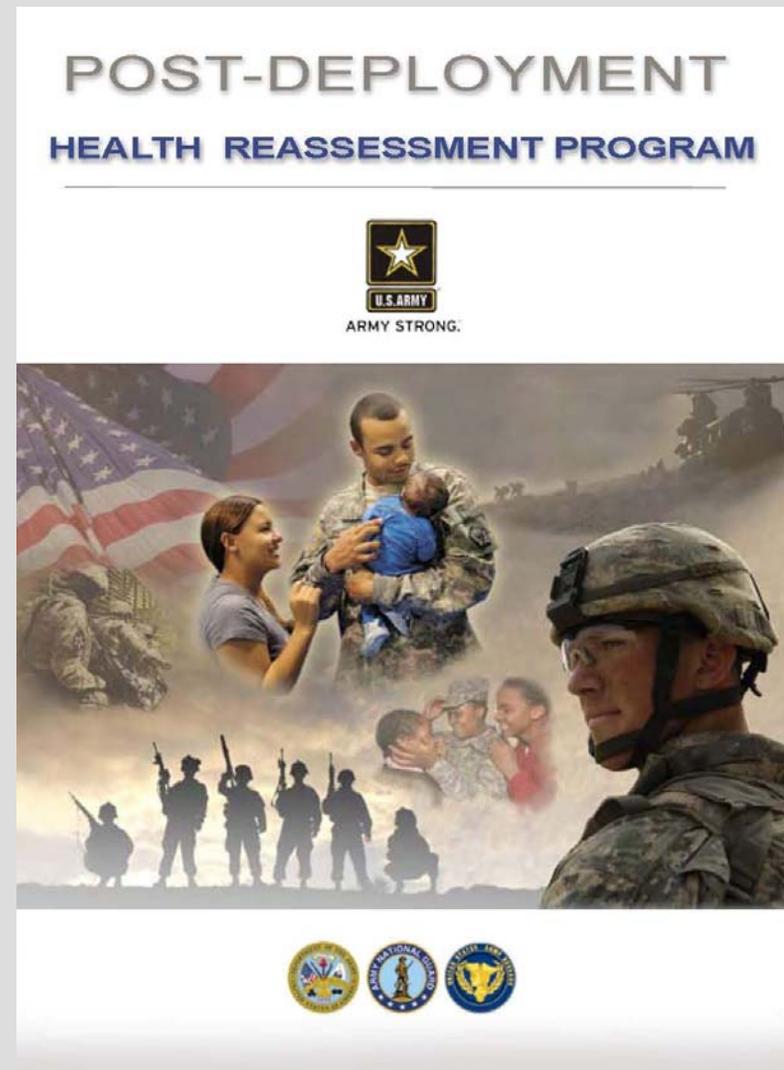


The U.S. Army is committed to providing every Soldier with access to the health care programs needed to maintain medical readiness, fitness, and well-being. An integral part of the Deployment Cycle Support process, the **Post-Deployment Health Reassessment (PDHRA)** helps you identify your health care needs and facilitates access to resources that help meet these needs.



Soldiers who redeployed from a combat zone **more than 90 days ago are eligible for the Post-Deployment Health Reassessment, or PDHRA.**

Soldiers complete the PDHRA by:

- **Viewing Battlemind II Training**  
([www.battlemind.org](http://www.battlemind.org))
- **Filling out the DD Form 2900** (pages 1-4)
- **Speaking to a health care provider**, who completes page 5 of the DD Form 2900

Soldiers can check their PDHRA status in AKO under “My Medical Readiness”  
([www.us.army.mil](http://www.us.army.mil))

**PDHRA is a Commander’s program**, and an integral part of the **Deployment Cycle Support Process**. Soldiers should contact their chain of command about completing the PDHRA.

**For more information**, visit the “PDHRA for Soldiers” page in AKO:  
(<https://www.us.army.mil/suite/page/200435>)  
or the U.S. Army PDHRA web site:  
([http://fhp.osd.mil/pdhrainfo/sm\\_fam/sm\\_fam\\_Army.jsp](http://fhp.osd.mil/pdhrainfo/sm_fam/sm_fam_Army.jsp))

## How **PDHRA** fits into the Deployment Cycle Support Process

