

What is the PDHRA?

The PDHRA is a comprehensive health screening conducted 90-180 days post-deployment that examines for physical and behavioral health concerns. Conducting the PDHRA within the 90-180 day window is critical as research indicates that this is when symptoms of issues may appear. The PDHRA includes the 3-6 Month Post-Deployment Resilience Training; the DD Form 2900 self-assessment and a confidential, one-on-one conversation with a health care provider. Each step, along with your honest participation, will ensure an accurate assessment of your health.

Who takes the PDHRA?

Anyone who has deployed outside of the continental United States (OCONUS) more than 30 days to a location with a non-fixed Military Treatment Facility (MTF) must take the PDHRA. This includes Active Duty, Army Reserve, Army National Guard, Individual Ready Reserve (IRR) and Department of the Army (DA) Civilians. Those who have an upcoming separation from the Service (ETS) or retirement before the window should complete it prior to their separation.

When do you take the PDHRA?

The PDHRA must be taken 90-180 days (three to six months) from redeployment. Timely PDHRA completion is essential to promptly address deployment-related health concerns that often evolve over time and may not have shown symptoms during your Post-Deployment Health Assessment (PDHA). The Post and Reassessment are both part of the Deployment Cycle of Support, and both screen for deployment-related health concerns. It's the timing that separates the two. Both are critical to Soldier well-being and readiness.

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. NOTE: the PDHRA is not complete until you speak with a healthcare provider.

Why should I take the PDHRA?

The quality of your health impacts everything: your day-to-day life, your family, your career and your future.

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

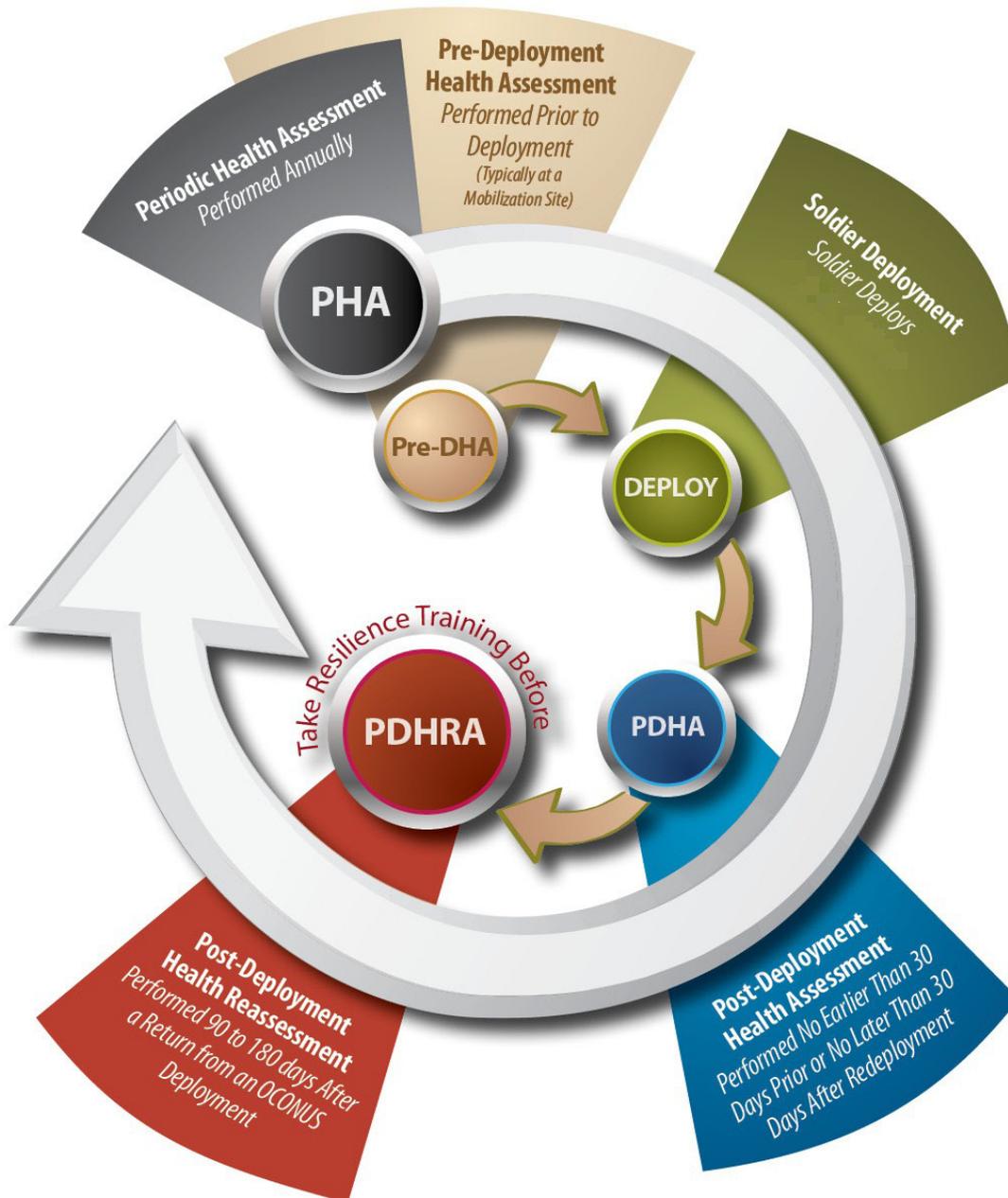
It helps you proactively address any conditions which may effect your personal readiness and deployment status.

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.

The PDHRA opens doors to benefits that support treatment.



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.

