

Frequently Asked Questions: Deployment Health Assessment Program

1. What is the DHAP? What are DHAs?

The Deployment Health Assessment Program (DHAP) is the U.S. Army's program to strengthen the physical and emotional readiness for deploying, deployed and redeployed Soldiers and Department of the Army (DA) Civilians. DHAP works with Commanders, unit medical staff, the Office of the Surgeon General (OTSG), Comprehensive Soldier and Family Fitness (CSF2) and unit medical and personnel staff to address potential deployment related physical and behavioral health concerns across the Force. The Deployment Health Assessments (DHAs) are a sequence of health screenings taken at specific times during the deployment cycle, there are three: the Pre, the Post and the Reassessment.

The DHAs are tailored to identify and examine for the full range of deployment-related physical and behavioral health concerns such as combat related injuries, traumatic brain injury (TBI), post traumatic stress disorder (PTSD) and any environmental exposures sustained downrange. The DHAs give Soldiers and DA Civilians the opportunity to protect their health, work with a medical provider, and then – if necessary – receive care for deployment related health concerns.

2. When do I take the DHAs? What steps are required for each DHA?



Each DHA includes three steps: (1) [Resilience Training](#) (Comprehensive Soldier and Family Fitness) taught by Master Resilience Trainers; (2) a specific electronic questionnaire (DD Form) completed via the Medical Protection System [MEDPROS](#); and (3) a confidential, one-on-one conversation with a health care provider.

Completion procedures differ slightly for each component. Soldiers and DA Civilians should seek specific guidance from their Commander or unit medical staff.

3. How will I know when and where to complete the DHAs?

Your unit commander, supervisor or S-1 will provide specific instructions. It is the Commander's decision as to when the Soldier or DA Civilian will complete DHAs based on Soldier eligibility and unit training schedules. If your Commander has not contacted you, and you are getting ready to deploy, or have recently redeployed, please reach out and seek clarification on scheduling and participation. Timely DHA completion is essential to promptly address deployment-related health concerns that often evolve over time. Protect your Health!

4. Who is required to complete the DHAs?

DHAs are required for Service Members and Department of the Army (DA) Civilians who deploy OCONUS for greater than 30 days to locations with non-fixed U.S. medical treatment facilities (MTFs). This includes Active Army, Army Reserve, Army National Guard, Individual Ready Reserve (IRR) and DA Civilians.

5. Are the DHAs something I just do on AKO?

No. The first step in a DHA is to complete the resilience training. Your Commander makes the arrangements with a Master Resilience Trainer ([Comprehensive Soldier and Family Fitness](#)) for you. The second step is to complete the specific electronic questionnaire (*DD Form*) on the Medical Protection System ([MEDPROS](#)) through AKO using your CAC card. The final step is to complete your confidential, one-on-one conversation with a health care provider. He or she will electronically sign off on your screening.

6. Haven't I done this already? I just went through a health screening when I redeployed. Why do I need more health screenings?

There are three required deployment health screenings - the Pre, the Post and Reassessment (PDHRA). All are taken within specific time frames (the Pre is taken within 60 days of deployment; the Post is taken within +/- 30 days of redeployment and the Reassessment (PDHRA) is taken within 90-180 days after redeployment. Research shows certain physical and behavioral symptoms may appear before, during or months after your deployment. That's why it's important to be proactive, complete the DHAs within the appropriate time frames, and if necessary – receive further evaluation for any deployment health related conditions.

7. How do the DHAs impact my ability to deploy? Do the DHAs indicate whether I am medically ready to deploy?

Yes. Health concerns identified during DHAs could affect your ability to deploy. You should follow up with the referral care a provider recommends.

8. What happens to my DHA results? Are the results of the DHAs reported to my Chain of Command?

The findings of your DHAs are private and confidential. However, your Commander will be notified if you received a referral, so the Commander can give you the time you need for the appointment. The nature of the referral is not disclosed (*e.g. orthopedics, behavioral, dermatology, PTSD, etc.*). The one exception to this is if you are found to be a danger to yourself or others, then more information is provided to your Commander.



9. Will the DHA results affect my security clearance?

No. The National Security Positions ([Standard Form 86](#)) now excludes the disclosure of counseling related to marital, family and grief issues not related to violence by you and counseling strictly related to adjustments from service in a military combat environment.

10. If Reserve, National Guard, IRR Soldier, or DA Civilian will I be paid for attending my referral appointment?

Please speak with your Commander for more information on pay for attending referral appointments. DA Civilians should contact their supervisor or local Occupational Health Clinic (OHC) located within the Military Treatment Facility (MTF).

11. My healthcare provider recommended a referral appointment, where do I obtain my referral care?

Referral care may be obtained at military Medical Treatment Facilities (MTF) (<http://www.tricare.mil/mtf/>), a TRICARE network provider or a Veteran Administration (VA) hospital, VA clinic or Vet Center (www.va.gov/directory).

Additionally, behavioral health referral care for all DHAs may be obtained from Army OneSource (www.militaryonesource.mil), Army Substance Abuse Program, a Soldier/Family Support Center or an Army Chaplain. Active Duty Soldiers can use the TRICARE network if they are in TRICARE Prime Remote or are sent to the network by their MTF.

Non-active duty personnel can call the Military Medical Services Office of TRICARE (888-647-6676, ext. 3352) for assistance in finding a TRICARE network provider for referral care. Appointments for VA care are often made during the deployment health assessments (DHAs). If VA appointments are not available at a DHA, you can schedule a visit yourself with the VA or any of the other sources of referral care previously mentioned.

DA Civilians should contact their supporting Occupational Health Clinic (OHC) located within the nearest Military Treatment Facility (MTF) to schedule their PDHRA as well as obtain referral care information.

12. How long can I receive treatment for my condition? Am I entitled to disability?

Referrals will be provided to Soldiers for further evaluation or treatment, if necessary. The duration of treatment depends on decisions made by you and your health care provider. Disability decisions will be made in accordance with Army Policy, if a disability determination is needed.

DA Civilians can refer to the Army G-1 web site under the Civilian Personnel online (CPOL): <http://cpol.army.mil/library/benefits/> if there are questions about processing a worker's compensation claim.

