

ARMY POST-DEPLOYMENT HEALTH REASSESSMENT



Individual Ready Reserve (IRR) Frequently Asked Questions

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For additional information visit <http://fhp.osd.mil/pdhrainfo> or the "PDHRA for Soldiers" page in AKO.



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Q1: I need medical attention now for my deployment-related health concerns, do I need to wait for the PDHRA?

A2: *No, you should not wait for the PDHRA. If you feel you are in need of immediate medical advice or attention, make an appointment with your local health care provider, local Medical Treatment Facility, or call the Wounded Soldier and Family Hotline at 1-800-984-8523 for assistance.*

Q2: What is the purpose of the PDHRA?

A2: *The PDHRA is a health screening provided 90-180 days post-deployment. It is an **opportunity** for you to address any physical or behavioral health concerns that may have surfaced since you redeployed.*

The screening may help you gain access to care for newly emergent or previously identified physical concerns. The screening may also help identify symptoms or concerns related to possible post-traumatic stress disorder (PTSD) or mild traumatic brain injury (mTBI).

The screening does not provide a diagnosis, but a referral may be made for follow-up treatment and care, if necessary.

By identifying deployment-related health concerns early and seeking appropriate treatment, Soldiers can facilitate the healing and adjustment process following a combat deployment, improve/maintain personal relationships, and protect their long-term military careers/benefits.

Q3: Is the PDHRA required for Individual Ready Reserve Soldiers?

A3: *If you are an IRR Soldier who returned from a **combat** deployment (of at least 30 days or longer) since 10 March 2005, then you are **required** to participate in the PDHRA program. The PDHRA gives each Soldier the opportunity to provide information related to their health concerns as a result of their deployment and also to speak with a health care provider. Each Soldier should also view the Battlemind II training video, available at www.battlemind.org, prior to completing the PDHRA.*

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Q4: How do I complete the PDHRA?

A4: *The PDHRA has three parts: 1) Viewing the Battlemind II video, 2) Completing the DD Form 2900, and 3) Speaking with a health care provider.*

*The PDHRA may be completed either during a scheduled on-site event, coordinated as part of a physical muster, or through the 24/7 PDHRA Call Center. Contact **CPT Connie Chandler, IRR PDHRA Coordinator** at connie.a.chandler@conus.army.mil or (314) 592-0000 ext. 3929 to determine the best way for you to complete the PDHRA.*

Q5: I've been called to a physical muster. Will I complete my PDHRA then?

A5: *You will be notified by **CPT Connie Chandler, IRR PDHRA Coordinator**, at connie.a.chandler@conus.army.mil or (314) 592-0000 ext. 3929 if you are supposed to complete your PDHRA during the physical muster.*

Q6: I noticed that the DD Form 2900 can be filled out on AKO. How do I do that?

A6: *Soldiers can access the electronic DD Form 2900 by visiting <https://www.us.army.mil/suite/page/65>. Soldiers can complete Part 1 (demographic and health assessment information) in AKO before speaking to a health care provider at the 24/7 PDHRA Call Center (Part 2). The PDHRA is not complete until you speak to a health care provider. Your stoplight in "My Medical Readiness" will continue to show as **RED** until Parts 1 and 2 are complete.*

Q7: What if I don't have an AKO account?

A7: *If HRC STL advises you to complete the PDHRA through the Call Center, and you don't have an AKO account, you can complete the entire assessment over the phone. Contact the **PDHRA Call Center (1-888-734-7299)** to complete the DD Form 2900 and speak to a health care provider.*

Q8: Am I done with the PDHRA once I complete the PDHRA form on AKO?

A8: *No, you must then call the **PDHRA Call Center** to speak to a health care provider in order to complete the PDHRA screening process.*



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- *Veterans discharged from active duty **before January 28, 2003** who **apply for enrollment on or after January 28, 2008** are eligible for the enhanced benefit until **January 27, 2011***

There is no change to the VA's policy of continuing enrollment of veterans who enroll with the VA under this "Combat Veteran" authority after their enhanced eligibility period ends. At the end of the enhanced eligibility period, the VA will reassess the veteran's information and make a new enrollment decision.

This covers not only regular active-duty personnel who served in Iraq or Afghanistan, but also Reserve or National Guard members serving in the combat theaters. Veterans with VA-adjudicated service-related injuries or illnesses always have access to VA care for the treatment of their disabilities without any time limit, as do lower-income veterans. Vet Center services are available to combat veterans for lifetime at no cost. Hospital care, outpatient treatment and nursing home services are offered at 1,400 locations. Additional information about VA medical eligibility is available at <http://www.va.gov/healtheligibility>.

IRR Soldiers have the same medical benefits related to their deployment as other Reserve Component Soldiers. You may be able to seek evaluation/treatment through a Military Treatment Facility (MTF) using your Transition Assistance Management Program (TAMP) benefit. However, if you are referred to an outside TRICARE provider after completing the PDHRA, you may incur a co-pay. In order to avoid a co-pay for a PDHRA-related evaluation/treatment your DA Form 2173 (called an evaluation Line of Duty (LOD)), signed by the IRR PDHRA Coordinator, CPT Connie Chandler, should be submitted/processed through the Military Medical Support Office (MMSO). This process can also be used for Soldiers that may be past their 6-month TAMP benefit.

Please note that the evaluation LOD is not the final LOD document. It only serves to provide access to care through MMSO.

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Q16: I think that I completed this health screening when I went through the DEMOB process. Do I have to do another one?

A16: *The PDHRA is different from the PDHA (Post-Deployment Health Assessment). The PDHA is administered right before you leave a combat zone or as soon as you redeploy home. Although many of the questions may be the same or similar, the key difference is the fact that the PDHRA (DD Form 2900) is timed to take place during the “Reconstitution” stage of the Deployment Cycle Support process, 90-180 days after redeployment. This timing and apparent redundancy is purposeful, since research has shown that some deployment-related health concerns may emerge or get worse over time. The PDHRA provides Soldiers with an additional opportunity to have any deployment-related health concerns addressed.*

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