



Resources for Families:

PDHRA Program: <http://fhp.osd.mil/pdhrainfo>

MyArmyLifeToo: www.myarmylifetoo.com

Army National Guard: www.virtualarmory.com

U.S. Army Reserve Family Programs: www.arfp.org

Battlemind Training: www.battlemind.org

Military OneSource: 1-800-342-9647 or

www.militaryonesource.com

Military Home Front: www.militaryhomefront.dod.mil

Veterans Affairs Health Care: www1.va.gov/health



Our mission is to provide our dedicated Soldiers with access to health care and bring peace of mind to you, their devoted Families.

Post-Deployment Health Reassessment Resources for Families



ARMY STRONG.™





The U.S. Army recognizes that deployment may impact the health and well-being of our Soldiers. The Post-Deployment Health Reassessment, or PDHRA, is an effort to identify Soldiers' deployment-related health concerns and assist them in seeking treatment, if necessary.

The PDHRA provides education, screening, and assessment. It also facilitates access to care for a wide variety of questions and concerns that you and your loved one may have about his or her health after their return from deployment.

How does the PDHRA work?

Soldiers complete the PDHRA 90 to 180 days after returning from deployment.

- Commanders will notify Soldiers to participate in the PDHRA process.
- Soldiers complete the PDHRA by filling out a form that collects demographic and health information and then meet one-on-one with a health care provider to discuss deployment-related health concerns.
- Soldiers and their health care provider will work together to determine whether follow-up evaluation and treatment may be necessary.

Remember, the PDHRA is a health screen and will not result in a diagnosis.

How can I help my Soldier and be a part of this process?

- Remind your loved one that the PDHRA is an opportunity to take advantage of the health care services available to him or her.
- If you or your loved one recognize any health-related issues that may need to be addressed, you don't have to wait for the PDHRA. Encourage your Soldier to make an appointment with his or her health care provider, local Medical Treatment Facility, or call the Wounded Soldier and Family Hotline at 1-800-984-8523 for assistance.

