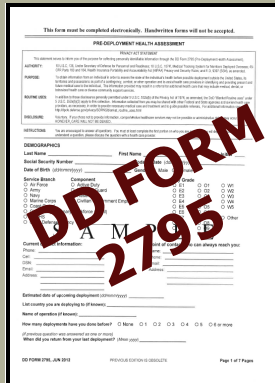


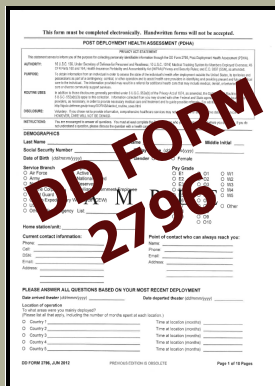
## WHAT YOU NEED TO KNOW ABOUT DEPLOYMENT HEALTH ASSESSMENTS



### Pre-Deployment Health Assessment (Pre-DHA) (DD Form 2795)

**The Pre-DHA is taken within 120 days and must be revalidated by a health care provider within 60 days before your deployment**

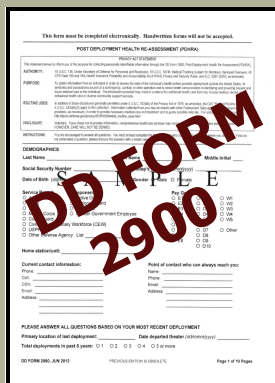
- The Pre-DHA identifies any emerging physical and behavioral health concerns prior to your deployment
- Completing the Pre-DHA up to 120 days prior to deployment helps Soldiers remain medically ready to deploy and address any health challenges that may impact readiness



### Post-Deployment Health Assessment (PDHA) (DD Form 2796)

**The PDHA is taken 30 days before or after your redeployment**

- The PDHA identifies any immediate physical and behavioral concerns from your deployment
- The PDHA incorporates Traumatic Brain Injury (TBI) questions based on research findings to improve sensitivity as well as animal bite questions to address risk of rabies exposure, and features women's health symptoms questions



### Post-Deployment Health Reassessment (PDHRA) (DD Form 2900)

**The PDHRA is taken 90-180 days after your redeployment**

- The PDHRA identifies any physical and behavioral health concerns that may evolve over time since your redeployment
- The PDHRA serves as a gateway to care for deployment health related injuries and behavioral concerns such as TBI, PTSD, physical injuries, environmental exposures, suicidal ideation, substance abuse and depression

## WHAT TO DO:

- (1) Fill out and submit the online self-assessment DD Form (2795, 2796 or 2900)
- (2) Participate in a 1-on-1 confidential appointment with a healthcare provider (HCP)

**\*\*The appointment is required to validate your DD Form**

**The 1-on-1 confidential appointment with the HCP gives you the opportunity to address any health concerns from your deployment and to receive follow-on referral care, treatment and services.**

## OVERVIEW

The **Deployment Health Assessment Program (DHAP)** is dedicated to increase the operational readiness of the Total Army and strengthen the resilience of deploying and redeployed Soldiers and Army Civilians. DHAP provides early identification of emerging deployment related health conditions and serves as a gateway to care and treatment. The goal is to connect Soldiers and Army Civilians with the right care at the right time.

### Deployment Health Assessments (DHAs)

The DHAs are taken at three separate points in time: before deployment; upon redeployment; and 90-180 days after redeployment. DHAs provide care for emerging physical and behavioral health conditions such as TBI, PTSD, depression, suicidal ideation, substance abuse, environmental exposures and injuries related to deployment.

### Battalion and Company Commander Priority

Commanders at all levels play a key part in the overall unit operational readiness, health and resilience. DHAP relies on Commanders to: (1) schedule each assessment within the required timeline; (2) use MEDPROS to track individual and unit performance; and (3) encourage honest participation; and (4) promote the benefits of seeking care.

### Stigma Reduction

Deployment Health Assessments are CONFIDENTIAL and involve a private, 1-on-1 appointment with a healthcare provider. We must all do our part to make sure that all Soldiers and Army Civilians, regardless of rank, are empowered to participate openly and honestly through the deployment health process. As leaders, battle buddies, family and friends, it's our responsibility to foster a culture of support with the understanding that getting help is a sign of personal strength and courage.

### Army Ready and Resilient (R2)

From prevention to treatment, DHAP serves the Total Army as a proactive and preventive readiness and resilience (R2) tool that connects Soldiers and Army Civilians with R2 programs such as SHARP, ASAP and ASPP. In addition, DHAP connects individuals with Army Chaplains, Case Management, TRICARE, Veterans Affairs (VA), In Transition, Counseling and Military One Source.

### DEPLOYMENT HEALTH ASSESSMENTS

**Pre-Deployment Health Assessment  
(Pre-DHA)**  
(DD Form 2795)

**Post-Deployment Health Assessment  
(PDHA)**  
(DD Form 2796)

**Post-Deployment Health Reassessment  
(PDHRA)**  
(DD Form 2900)

LOYALTY ★ DUTY ★ RESPECT ★ SELFLESS SERVICE ★ HONOR ★ INTEGRITY ★ PERSONAL COURAGE

