

Health Assessments

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Summary

Army National Guard Soldiers may undergo several different types of physicals, each with the intent to ensure the health and welfare of the force and to support mission readiness. The Periodic Health Assessment (PHA), Pre and Post Deployment Health Assessments, and Post Deployment Health Reassessment (PDHRA) are physical and mental medical evaluations that promote medical readiness and a focus on the long-term health and well-being of Army National Guard Soldiers.

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Health Assessment Descriptions

Physical	Definition
Physical Health Assessment	With Units regularly mobilizing and deploying, there is an increased need to monitor and track Soldiers' medical readiness with a special emphasis on preventive measures. In order to improve individual medical readiness (IMR) rates, the Army has implemented the Periodic Health Assessment (PHA) program, which requires an annual physical exam that replaces the requirement for the five-year retention physical. The PHA consists of two parts. Part one is a self-assessment completed by the Soldier; part two is the provider assessment, which is transferred to the automated Army Medical Protection System as the Soldier's updated Physical capacity/stamina, Upper extremities, Lower extremities, Hearing/ear, Eyes, pSychiatric (PULHES) medical profile.
Pre-Deployment Health Assessment	Completed by all Reserve Component (RC) personnel activated to Active Duty status for greater than 30 days in support of any contingency operation. The assessment must be completed within 30 days of deployment.
Post Deployment Health Assessment	Completed in the theater of operation prior to redeployment, ideally within 5-days but not more than 30-days, before departure from theater. Completed by all RC personnel activated to Active Duty status greater than 30 days in support of any contingency operation. RC personnel who have served only within CONUS will

	complete the assessment within five (5) days prior to demobilization.
Post Deployment Health Reassessment	The Army PDHRA Program is a part of the Department of Defense's overall Force Health Protection Program. The screening is designed to address deployment-related physical and behavioral health needs and readjustment concerns of Army Soldiers 90-180 days after returning from a combat deployment.

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Frequently Asked Questions

Q. Where do I go to do my PHA?

A. My PHA may be accessed through AKO under the Self Service Tab. The Periodic Health Assessment channel provides the link to begin the assessment.

Q. Where do I go for my DHA?

A. My DHA may be accessed through AKO under the Self Service Tab. The Deployment Health Assessment channel provides the link to begin the assessment.

Q. Where do I go for my PDHRA?

A. My Medical Readiness may be accessed through AKO under the Self Service tab. The Post-Deployment Health Reassessment channel provides the link to the PDHRA page. Review the instructions and click the logo for the Army component to start.

Q. I can't access PHA, where can I get help?

A. Contact MEDPROS at medpros-pha@asmr.com and explain the details of the problem, including any error messages.

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Links

- [Army Knowledge Online – My Medical](#)
This is the page of AKO with all medical related information.
- [MEDPROS](#)
The Medical Protection System (MEDPROS) was developed by the Army Medical Department (AMEDD) to track all immunization, medical readiness, and deployability data for all Active and Reserve components of the Army as well as DA Civilians, contractors and others.

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References

Regulations

- [AR 40-501, Standards of Medical Fitness](#)

- [AR 600-60, Physical Performance Evaluation System](#)

Documents and Forms

- [DD Form 2795, Pre-Deployment Health Assessment](#)
- [DD Form 2796, Post Deployment Health Assessment](#)
- [DD Form 2844TEST, Post Deployment Medical Assessment](#)

Points of Contact

- Office of the Chief Surgeon, Chief of Clinical Services (ARNG-CSG-C)
Forthcoming Website Link

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