

Post Deployment Health Reassessment (PDHRA)

Table of Contents

[Summary](#)

[Quick Guide: Specific PDHRA Information](#)

[Quick Guide: Completing the PDHRA](#)

[Frequently Asked Questions](#)

[Links](#)

[References](#)

[Points of Contact](#)

Summary

The Post Deployment Health Reassessment (PDHRA) is a comprehensive health screening that examines for physical and behavioral health concerns associated with deployment. The screening provides Soldiers with an opportunity to proactively identify and then – if needed – treat any deployment-related health problems that may negatively affect their daily life, Family, career, and/or future. Soldiers must complete the PDHRA within 90-180 days after redeployment, which is when symptoms of issues may appear. At the conclusion of this confidential screening process, Soldiers may receive a referral for further evaluation or treatment from a health care provider, if necessary.

[Back to top](#)

Quick Guide: Specific PDHRA Information

Aspect of PDHRA	Description
Resilience Training (IAW AR 350-1 (Army Training and Leader Development), formerly known as Battlemind Training)	This training helps Soldiers better identify signs and symptoms of issues related to deployment that they may otherwise dismiss. This training prepares Soldiers for candidly completing the DD Form 2900 (Post-Deployment Health Re-Assessment (PDHRA)) and speaking with a health care provider.
DD Form 2900 (Post-Deployment Health Re-Assessment (PDHRA))	This self-assessment captures demographic information and any health concerns a Soldier may have. Details of the health screening are kept confidential as required by the Health Information Portability and Accountability Act (HIPAA) and the Privacy Act.

Aspect of PDHRA	Description
Discussion with health care provider	The health care provider will discuss the information provided on the DD Form 2900 (Post-Deployment Health Re-Assessment (PDHRA)) with the Soldier. At the conclusion of this confidential conversation, the health care provider may indicate a need for further evaluation or treatment. If no concerns are identified and Soldiers don't receive a referral, it's highly recommended that they continue to monitor their good physical and mental well-being.

[Back to top](#)

Quick Guide: Completing the PDHRA

A Soldier must complete all three components of the PDHRA, in order, within 90-180 days of redeployment. Soldiers should contact Unit Commander for more information.

1. **Resilience Training (IAW AR 350-1 (Army Training and Leader Development), formerly known as Battlemind Training):** This mandatory training program should be completed prior to filling out the DD Form 2900 (Post-Deployment Health Re-Assessment (PDHRA)). Soldiers should contact their Commander for information.
2. **DD Form 2900 (Post-Deployment Health Re-Assessment (PDHRA)):** After completing the Resilience Training, Soldiers must fill out the DD Form 2900 (Post-Deployment Health Re-Assessment (PDHRA)). This self-assessment may be completed at a Yellow Ribbon event, on-site event or over the phone. Soldiers should contact their Commanders for guidance because this process varies from State to State.
3. **Discussion with health care provider:** A health care provider will discuss the information provided on the DD Form 2900 (Post-Deployment Health Re-Assessment (PDHRA)) with the Soldier. This conversation may be conducted at a Yellow Ribbon event, on-site event or over the phone depending on which screening method the Commander selects for the unit. If a Soldier receives a referral, he or she is responsible for scheduling an appointment.

Note: The PDHRA is not complete until a health care provider electronically signs the DD Form 2900 (Post-Deployment Health Re-Assessment (PDHRA)).

[Back to top](#)

Frequently Asked Questions

Q. Who is required to complete the PDHRA?

A. Anyone who has deployed OCONUS more than 30 days to a location with a non-fixed Military Treatment Facility (MTF) must take the PDHRA. While personnel

should complete the PDHRA within the 90-180 day prescribed window regardless of their location, those who have an upcoming separation from the Service (ETS) or retirement before the window should complete it prior to their separation.

Q. What are the benefits to completing the PDHRA?

A. The PDHRA is vital to Soldier and DA Civilian personnel well-being. The screening provides Soldiers and DA Civilians with an opportunity to proactively identify and then—if needed—treat deployment-related health problems that may negatively affect their daily life, Family, career, and/or future. Open and honest participation is strongly encouraged for an accurate assessment.

Q. How will a Soldier know when to take the PDHRA?

A. It is the Commander's decision as to when the Soldier completes the PDHRA based on Soldier's eligibility and unit training schedules. If the Soldier is in the 90-180 day window to complete the PDHRA and has not been contacted by their Commander, the Soldier should proactively reach out to their Commander to seek clarification on scheduling/participation.

Q. What is the time-frame for taking the PDHRA?

A. The PDHRA must be taken 90-180 days from redeployment. Timely PDHRA completion is essential to promptly address deployment-related health concerns that often evolve over time.

Q. Does the completed PDHRA indicate whether the Soldier is medically ready to redeploy? Does it impact deployability and/or readiness?

A. No, the PDHRA is not an indicator of Individual Medical Readiness and does not affect a Soldier's deployability status. However, health concerns identified during the PDHRA could affect a Soldier's deployability status, particularly if not addressed with the recommended referral care. Thus, a Soldier should obtain the referral care a provider recommends.

Q. What happens to the results? Are the results reported to the Soldier's chain of command?

A. The findings of a Soldier's PDHRA are private and confidential. However, a Soldier's Commander is notified if a Soldier receives a referral, so the Commander can give the Soldier the time they need for the appointment. The Commander is not told what the referral is for (e.g., orthopedics, dermatology, etc.). The one exception to this is if a Soldier is found to be a danger to themselves or others, then more information is provided to the Commander.

Q. If a Soldier receives a referral for counseling, will their security clearance be affected?

A. No, SF 86 (National Security Positions Questionnaire) excludes the disclosure of counseling related to marital, Family, and grief issues not related to violence by the individual and counseling strictly related to adjustments from service in a military combat environment.

[Back to top](#)

Links

- [Army Knowledge Online \(AKO\): Post-Deployment Health Reassessment](#)
This website provides PDHRA information for Soldier and DA Civilians. Soldiers should click on the “Army National Guard Soldiers” link on the left. Commanders and Leaders should click on the “Unit Commanders & Leaders” link on the left.
- [U.S Army G1: Post-Deployment Health Reassessment Program \(PDHRA\)](#)
This website provides information about the U.S Army G1’s PDHRA program.

[Back to top](#)

References

Regulations

- [AR 350-1, Army Training and Leader Development](#)

Documents and Forms

- DD Form 2900, Post-Deployment Health Re-Assessment (PDHRA)
- PDHRA Frequently Asked Questions
- [SF 86, Questionnaire for National Security Positions](#)

[Back to top](#)

Points of Contact

- ARNG PDHRA Coordinators Map
- For technical questions e-mail: MODS-help@asmr.com
- For policy related questions e-mail: ngbg1pdhra@ng.army.mil

[Back to top](#)

20 APR 11