



## Post Deployment Health Reassessment (PDHRA) Process for Army National Guard Soldiers

The PDHRA Program is designed to be as efficient, convenient and helpful to you as possible. It is a four-step process.

1. Three- to six-months after you complete the Post Deployment Health Assessment (PDHA), you become eligible to participate in the PDHRA program. All Soldiers should complete Battlemind Training prior to completing their PDHRA. Battlemind Training helps you maximize the skills you demonstrated in combat so that you can use them effectively as you continue your transition home. Battlemind Training is available online at <http://www.virtualarmory.com/mobiledeploy/PDHRA/battlemind.aspx>.

2. Your Commander will complete the PDHRA assessment in one of three ways.

a. You will complete your portion of the DD Form 2900 on a tablet PC during an on-site PDHRA screening event and speak with a Healthcare Provider face-to-face.

b. You will complete your portion of the [DD Form 2900 online using your AKO login](#) and then complete your screening by calling the PDHRA Call Center (1-888-PDHRA-99) to speak with a Healthcare Provider.

c. If you do not have access to a computer, you will call the PDHRA Call Center (1-888-PDHRA-99) to complete the entire assessment over the phone.

3. If you indicate health concerns that require further evaluation, the Healthcare Provider will ensure that you are provided with contact information for the most convenient Military Treatment Facility, VA facility, or TRICARE provider. They may also complete a PDHRA-specific referral Line of Duty (LOD) DA Form 2173 to ensure that you are not billed for this evaluation appointment.

4. Once your PDHRA assessment is completed, you will be provided a copy of your DD Form 2900 and your DA Form 2173, if one was generated. Copies of these documents will also be placed in your Medical Record. After completing your PDHRA screening, you will have all of the information and documentation you need to address your deployment-related health concerns.