


## POST DEPLOYMENT HEALTH ASSESSMENT

1. Log into AKO.
2. Under Self Service – select My Medical Readiness.
3. Mid way down, click the link for Post Deployment Health Reassessment (PDHRA).
4. Click the blue “here” link.
5. Select the middle link: POST DEPLOYMENT HEALTH ASSESSMENT FORM DD2796 (Ensure you are completing the correct assessment, sometimes the website will open up PRE-DEPLOYMENT).
6. Warning pops up: click OK.
7. Click start new survey.
8. *Once you get to page 6, **DO NOT CLICK NEXT!** Scroll back up and click submit.*
9. Brings you back to page displaying all PDHA records: Click edit form.
10. Once it opens up click PRINT RECORD on the first page. Document should include 7 pages.

# POST DEPLOYMENT HEALTH ASSESSMENT

1. Log into AKO.



Chinook from Bravo Company 1-52nd AVN BN has just refilled a Bambi Bucket at a local dip sit, the unit is supporting the Alaska Fire Service's fight against the Stuart Creek 2 fire, each bucket is filled with 1400 gallons of water. Fort Wainwright Alaska, Jul 9, 2013. U. S. Army photo by Staff Sgt. Trish McMurphy, USARAK Public Affairs (Photo by U.S. Army)

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I Accept

2. Under Self Service – select My Medical Readiness.

Self Service ▾

<a href="#">Antivirus Services</a>	<a href="#">My Medical</a>
<a href="#">Army e-Commerce</a>	<a href="#">My Medical Readiness</a>
<a href="#">DA Pubs &amp; Forms</a>	<a href="#">My MilPay</a>
<a href="#">My Benefits</a>	<a href="#">My Personnel</a>
<a href="#">My Clothing</a>	<a href="#">My Pet</a>
<a href="#">My Dental</a>	<a href="#">My Reference</a>
<a href="#">My Doctrine</a>	<a href="#">My Safety</a>
<a href="#">My Education</a>	<a href="#">My Security</a>
<a href="#">My Family</a>	<a href="#">My Training</a>
<a href="#">My Finance</a>	<a href="#">My Transition</a>
<a href="#">My Health Resources</a>	<a href="#">My Travel</a>
<a href="#">My Legal</a>	<a href="#">My Travel Pay</a>
<a href="#">My Library</a>	<a href="#">My Vision</a>
<a href="#">My MEB/PEB</a>	<a href="#">My Weather</a>

3. Mid way down click on the link for Post Deployment Health Reassessment (PDHRA).

Home - My Account - Favorites - Quick Links - Self Service -

To improve performance, it is strongly recommended y

My Medical Readiness Related Content

AKO Home - Knowledge Networks - Knowledge Networks - Army - Medical Warfighter Forum (MedWFF) - My Medical - My Medical Readiness - My Medical Readiness

**Questions?**

For questions about your readiness status or content in the health assessments, send a message to [mods-help@asmr.com](mailto:mods-help@asmr.com) or call 1-888-849-4341; DSN: 761-4976; Fax: (703) 681-4983.

**You must use Internet Explorer to access the PHA application, not any other browser such as Firefox.**

**Medical Readiness Tools**

[DHA](#) | [Deployment Health Assessments](#) | [DCHA](#) | [My Dental](#) | [My MEB/My PEB](#) | [My Vaccine](#) | [Army MOVE!](#)

**Periodic Health Assessment (PHA)**

Soldiers can now complete their portion of the Periodic Health Assessment (PHA) online before their appointment with the medical provider. Complete your portion of the PHA, then schedule an appointment with your medical provider or MTF to complete the PHA process. Direct all questions regarding scheduling provider appointments to your Chain of Command. **You must use Internet Explorer to access the PHA application, not any other browser such as Firefox.** Click here ([Periodic Health Assessment](#)) to begin your assessment. If you have questions regarding your PHA, please contact your chain of command. For additional information about completing the PHA, click [here](#).

**Deployment Health Assessments**

**Post Deployment Health Reassessment (PDHRA)**

**Dental Readiness**

**My MEB/My PEB**

- Click the blue "here" link.

**Deployment Health Assessments**

**Post Deployment Health Reassessment (PDHRA)**

The Army PDHRA Program is a part of the DoD'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. The program demonstrates the Army's commitment to the long-term health and well-being of Soldiers and Department of the Army (DA) Civilians. To learn more about the PDHRA, please visit the [PDHRA AKO page](#) or to initiate your PDHRA and fill out the DD Form 2900 click [here](#). (NOTE: you will need your CAC to access this page starting September 1.)

- Select the middle link: POST DEPLOYMENT HEALTH ASSESSMENT FORM DD2796 (Ensure you are completing the correct assessment, sometimes the website will open up PRE-DEPLOYMENT).

**Medical Health Assessments**

Pre Deployment DD2795 | Post Deployment DD2796 | Post Deployment Health Reassessment DD2900 | PHA | **Medical Health Assessments**

DHA 2012 Training Material

- DHA 2012 Form Revisions
- DHA 2012 Auto Calculation Methods
- DHA 2012 Summary of Form Changes

Please select the survey you would like to view, edit, or complete

**PRE DEPLOYMENT HEALTH ASSESSMENT FORM**  
(Should be completed within 30 Days prior to Deployment Date)  
[DD2795](#)

**POST DEPLOYMENT HEALTH ASSESSMENT FORM**  
(Should normally be completed within 30 Days prior to Re-Deployment or immediately upon return)  
[DD2796](#)

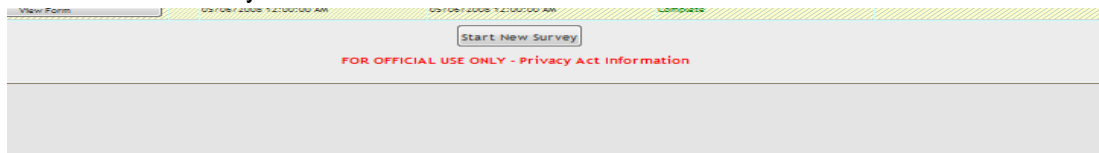
**POST DEPLOYMENT HEALTH REASSESSMENT FORM**  
(Should be completed 90 - 180 days from Post Deployment Date)  
[DD2900](#)

Historical forms, both completed and partial, where the name data does not match that recorded in the Army Personnel Databases will no longer be accessible to Soldiers via this AKO link. Those partial forms will be available when you visit with your health care provider (and any changes can be made at that time).

- Warning pops up: click OK.



7. Click start new survey.



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