

ARE YOU **RED** FOR THE POST DEPLOYMENT HEALTH REASSESSMENT?

Is your AKO stoplight **Red** for My Medical Readiness?
Is AKO telling you that you are due to complete your
Post Deployment Health Reassessment (PDHRA)?
Want to know how to fix this?

The PDHRA seeks to identify proactively potential health issues before they become chronic conditions. The PDHRA provides education, screening, assessment and access to care for a wide variety of questions and concerns that Soldiers may have about their health after they return from deployment. **Soldiers who redeployed from a combat zone more than 90 days ago are eligible for the PDHRA.** Just follow these simple directions:

Option 1: Begin PDHRA online and complete it over the phone. You may complete the PDHRA online through AKO by going to <https://apps.mods.army.mil/mwde/secure/AKOForms.asp> and logging in with your AKO username and password. You must then call 1-888-PDHRA-99 to discuss your responses with a healthcare provider.

Option 2: Complete PDHRA entirely over the phone.

If you do not have access to a computer or AKO, you may call 1-888-PDHRA-99 and complete the entire assessment over the phone.



Questions? Visit <http://www.virtualarmory.com/mobiledeploy/PDHRA> for more information.