DHAP
DEPLOYMENT HEALTH ASSESSMENT PROGRAM

LIFE FAMILY CAREER FUTURE

U.S.ARMY

DEPLOYMENT HEALTH ASSESSMENT CYCLE

PRE → **DEPLOY** → **POST** → **RE ASSESSMENT**

Pre-Deployment Health Assessment (Pre-DHA)
Taken within 60 days of deployment (DD Form 2795)

Soldier and DA Civilian Deployment

Post-Deployment Health Assessment (PDHA)
Taken within +/- 30 days of redeployment (DD Form 2796)

Post-Deployment Health Reassessment (PDHRA)
Taken 90-180 days after redeployment (DD Form 2900)

Deployment Health Assessments have 3 simple steps

STEP 1
COMPREHENSIVE SOLDIER FITNESS

Resilience Training

STEP 2
Electronic Questionnaire (DD Form)

STEP 3
1 ON 1

Conversation with a Health Care Provider

Deployment Health Assessment Program (DHAP)

The Deployment Health Assessment Program (DHAP) is a Department of Defense (DOD) health program designed to address deployment-related physical and behavioral health needs and concerns of Soldiers and Department of the Army (DA) Civilians within the deployment cycle. The DHAP supports the Army-wide effort to maximize Soldier and DA Civilian well-being, build resilience, reduce non-deployable status and maximize readiness across all units, installations and commands IAW DODI 6490.03.

As part of the Deployment Cycle Support (DCS) process, DHAP connects you with necessary care early on throughout your deployment – we want you to get the care you need.

Protect your Health. The quality of your health impacts everything: your daily **life**, your **family**, your **career** and your **future.**

For more information, please contact us at dhap.g1.fieldinquiry@us.army.mil or visit us on AKO at https://www.us.army.mil/suite/page/598655

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What is DHAP? What are DHAs?

The Deployment Health Assessment Program (DHAP) allows you take proactive steps to protect your health and well-being. There are three deployment health assessments (DHAs) taken at specific times during your deployment cycle. The Pre is taken prior to deployment, the Post is taken during redeployment and the Reassessment (PDHRA) is completed 90-180 days after redeployment.

The **Pre, Post** and **Reassessment (PDHRA)** all have three simple steps:

- **Resilience Training**
- **Electronic Questionnaire**
- **Confidential, 1-on-1 Conversation with a Health Care Provider**

Who takes the DHAs?

All Soldiers and DA Civilians who have served outside the continental United States (OCONUS) for 30 days or more to a location with a non-fixed medical treatment facility.

Active Duty · Army National Guard · Army Reserve · Individual Ready Reserve · Army Civilians

When do I take the DHAs?

The first DHA is the Pre. It prepares you for deployment and makes sure you're physically and emotionally ready. The Pre is taken within 60 days of your deployment.

The second DHA is the Post. It screens for any deployment related injuries or behavioral concerns you may have sustained downrange. The Post is taken within 30 days before or after your return from deployment.

Lastly, the Reassessment (PDHRA) is taken 90-180 days after your deployment to screen for health issues that may have evolved over time since your return. What you may think are normal aches, stresses or frustrations could be symptoms of behavioral or physical health concerns that need proper care. Honest and straightforward participation is necessary to truly determine your health status and get the care you need.

Where do I take the DHAs?

The DHAs are generally administered at your installation as part of a unit-scheduled event or on a walk-in or appointment basis at your local Military Treatment Facility (MTF). Please contact your unit S1 or S3, or other command medical staff personnel to find out how your unit plans to execute DHAs.

Why should I take the DHAs?

The DHAs exist so that you can take proactive steps to protect your health. Remember that your health impacts everything: your daily life, family, career and future. DHAs provide you snapshots of your behavioral and physical health during the deployment cycle, which can help should injuries or health concerns arise in the future.

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