



The Source for Navy News

*Captain's Call*

## Navy Revises Tracking of Sailors Health Post Deployment

Commands may now access the Deployment Health Assessment (DHA) Program instruction online the Navy announced Feb. 18.

OPNAVINST6100.3. cements the requirements for periodic assessments prior to and after deployments.

Sailors frequently rate their overall general health worse three to six months after returning than they did immediately upon return. The process is designed to identify stress injuries and other health concerns that require further assessment or treatment.

Sailors are required to undergo a Pre-deployment Health Assessment (Pre-DHA), form DD 2795 no earlier than 60 days prior to the expected deployment date. Then when the Sailor returns from deployment a Post-Deployment Assessment (Post-DHA), form DD 2796 should be completed as close to their homecoming date as possible, not earlier than 30 days before the expected redeployment. Reserve Sailors should complete the Post-DHA before being released from active duty. The PDHRA form DD 2900 should be completed between 90 and 180 days after return from deployment.

To make life easier, Deployment Health Assessments are all submitted electronically by a nurse, corpsman or medical technician. If a service member gives positive responses to some questions, the assessment may be bumped up for review by a physician, physician's assistant (PA), nurse practitioner (NP), or independent duty corpsman (IDC). The PDHRA can only be done by a physician, PA, NP, or IDC.

For more information on the assessments and reassessments review OPNAVINST 6100.3 available in the reference section on the Navy Personnel Command Web site <http://www.npc.navy.mil/channels/>.

