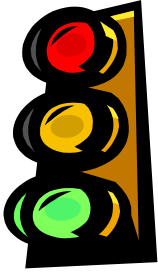


**POST DEPLOYMENT HEALTH REASSESSMENT (PDHRA) PROGRAM
NORTH CAROLINA ARMY NATIONAL GUARD**

FOR NCARNG SOLDIERS WHO HAVE BEEN DEPLOYED TO A COMBAT ZONE



Are you Red or Green for the Post Deployment Health Reassessment?

Is your AKO stoplight Red or Green 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 (DD 2900) 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.

Report PDHRA: After you complete your PDHRA.

Be sure to notify the JFHQ-NC-J1-MED PDHRA POC at (919) 664-6000 Ext 6653 or email Paul.askew@us.army.mil so a copy of the DD 2900 can be Printed for your health record.

NC PDHRA Case Managers: Soldiers referred to the VA for Medical treatment will be contacted by one of the JFHQ-NC-J1-MED case managers. Questions may be addressed to: Mrs. Lauri Carson, (919) 664-6000 Ext 6642, lauri.carson@us.army.mil or Miss Kristine Leone, (919) 664-6000 Ext 6620, kristine.leone@us.army.mil.

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

Questions? View the weekly NCNG Official Command Bulletin, Section 1-4 (J1) for more information from JFHQ-NC-J1-MED on the NCARNG PDHRA Program.