PRE-DEPLOYMENT HEALTH ASSESSMENT

PRIVACY ACT STATEMENT

This statement serves to inform you of the purpose for collecting the personal information required by the DD Form 2795, Pre-Deployment Health Assessment, and how it will be used.

AUTHORITY: 10 U.S.C. 136, Under Secretary of Defense for Personnel and Readiness; 10 U.S.C. 1074f, Medical Tracking System for Members Deployed Overseas; DoDD 1404.10, DoD Civilian Expeditionary Workforce; DoDD 6490.02E, Comprehensive Health Surveillance; and E.O. 9397 (SSN), as amended.

PURPOSE: To collect information on your physical and mental health status prior to a deployment in a combat, contingency, or other operation outside of the United States, and to assist health care providers in administering present or future care.

ROUTINE USES: Use and disclosure of your records outside of DoD may occur in accordance with the DoD Blanket Routine Uses published at http://dpcld.defense.gov/Privacy/SORNsIndex/BlanketRoutineUses.aspx, and as permitted by the Privacy Act of 1974, as amended (5 U.S.C. 552a(b)). Any protected health information (PHI) in your records may be used and disclosed generally as permitted by the HIPAA Privacy Rule (45 CFR Parts 160 and 164), as implemented within DoD. Permitted uses and disclosures of PHI include, but are not limited to, treatment, payment, and healthcare operations.

DISCLOSURE: Voluntary. However, if you choose not to provide the requested information comprehensive health care services may not be possible or administrative delays may occur. Care will not be denied.

INSTRUCTIONS: You are encouraged to answer all questions. You must at least complete the first portion on who you are and when you will deploy. If you do not understand a question, please discuss the question with a health care provider.

DEMOGRAPHICS					
Last Name	First N	ame		Midd	lle Initial
Social Security Number		Today's Da	te (dd/mmm/yyy)	v)	
Date of Birth (dd/mmm	n/yyyy)	Gender O	Male O Female	е	
O Air Force O Army O Navy O Marine Corps O Coast Guard O Civilian Expeditionary O USPHS O Other Defense Agen Current contact inform Phone: Cell: DSN:	cy List:	Poin Nam Phoi Ema	Pay Grad O E1 O E2 O E3 O E4 O E5 O E6 O E7 O E8 O 9 nt of contact wnd ae:	O O1 O O2 O O3 O O4 O O5 O O6 O O7 O O8 O O10	s reach you:
Estimated date of upcom	ing deployment (dd/mmm/yyyy) _				
List country you are depl	oying to (if known):				
Name of operation (if kno	own):				
How many deployments	have you done before? O Non	e O1 C	2 03 04	O 5 O	6 or more
(if previous question was a When did you return from	nswered as one or more) m your last deployment? (Mmm)	<i>'</i> ////)			

PREVIOUS EDITION IS OBSOLETE

		Deployer's SSN (La	ıst 4 digits):			
1.	Overall, how would you rate your health during the PAST MOO Excellent O Very Good O Good O Fair O Poor	ONTH?				
2.	Are you CURRENTLY on a profile, limited duty, waiting on a MOS/Medical Retention Board (MMRB) decision, or being referred to a medical evaluation board (MEB) or physical evaluation board (PEB)?	O Yes For O No O Don't kno	what reason?			
3.	How often do you smoke tobacco (for example cigarettes, cigars, pipe or hookah)?	O Just abou O Some day O Not at all				
4.	What problems, questions or concerns do you have about your medical, dental, or mental health?	O Please ex O None	plain:			
5.	5. ENALES ONLY – Are you pregnant or is sere a chance you covid be pregnant? O S on't know O Y is S on the series of the series					
6.	In the PAST YEAR and you receive care for a head injury?	Yes Plea O No	O Yes Please explain.			
7.	What prescription or over-the- counter medications (including herbals/supplements) for sleep, pain, combat stress, or mental health conditions or concerns are you CURRENTLY taking?	O Please lis	O Please list: O None			
8.	B. In the PAST YEAR did you receive care for any mental health condition or concern such as, but not limited to post traumatic stress disorder (PTSD),depression, anxiety disorder, alcohol abuse or substance abuse?					
9.	During the PAST MONTH, how much have you been bothere	ed by any of the followi	ng problems?			
	Symptom		Not bothered at all	Bothered a little	Bothered a lot	
- 1	a. Noises in your head or ears (such as ringing, buzzing, crickets	, humming, tone, etc.)	0	0	0	
	b. Trouble hearing		0	0	0	
10.	a. How often do you have a drink containing alcohol? O Never O Monthly or less O 2-4 times a month O 2	•		veek		
	b. How many drinks containing alcohol do you have on a tyO 1 or 2O 3 or 4O 5 or 6O 7 to 9O 10 or more	pical day when you are	drinking?			
	c. How often do you have six or more drinks on one occasion of Never of Less than monthly of Monthly of Weekly		У			

d. Felt numb or detached from others, activities, or your surroundings?

11. Have you ever had any experience that was so frightening, horrible, or upsetting that, in the PAST MONTH, you:

b. Tried hard not to think about it or went out of your way to avoid situations that remind you of it?

a. Have had nightmares about it or thought about it when you did not want to?

c. Were constantly on guard, watchful or easily startled?

NOTE: If 2 or more items on 11a. through 11d. are marked yes, continue to answer items 11e. through 11v.

O Yes

O Yes O No

O Yes O No

O No

O No

Donlo	/er's SSN (Last 4	digite).	
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	efully and check the box for how much you have been bo	thered by		-						1
			Not at a	ill	A little bit	Moder	ately	Quite	a bit	Extremely
1e.	Repeated, disturbing memories, thoughts, or images of stressful experience from the past?		0		0	O	•	C)	0
1f.	Repeated, disturbing dreams of a stressful experience the past?	from	0		0	O)	C)	0
1g.	Suddenly acting or feeling as if a stressful experience whappening again (as if you were reliving it)?	were	0		0	O)	C)	0
1h.	Feeling very upset when something reminded you of a stressful experience from the past?		0		0	C	•	C)	0
1i.			0		0	С		C)	0
11j.	from the past or avoid having feelings related to it?		0		0	O)	C)	0
11k.	Avoid activities or situations because they remind you stressful experience from the past?	of a	0		0	O)	C)	0
111.	Trouble remembering important parts of a stressful experience from the past?		0		0	О		C)	0
l1m	. Loss of interest in things that you used to enjoy?		0		0	0))	0
	Feeling distant or cut off from other people?		0		0	О		()	0
10.	Feating emotionally numb on being unable to have loving featings for those close to 70.?	ng	0	T	Y	٥		C		
l 1p.	Feek vas if your future vall somehow be cut shot?	/	0	-		4		C)	
11q.			0		0	4		, ()	Q ₁
1r.	Feeling irritable or having angry outbursts?		0		. 0			() -	0
11s.	Having difficulty concentrating?		0		0	0)	C)	0
1t.	Being "super alert" or watchful, on guard?		0		0	0)	C)	0
1u.	Feeling jumpy or easily startled?		0		0	0)	C)	0
	N	ot difficul	t at all	Some	what difficu	It Ve	ry diffic	ult	Extren	nely difficult
	How difficult have these problems (11e. through 11u) made it for you to do your work, take care of things at home, or get along with other people? Ver the LAST 2 WEEKS, how often have you been both.	O thered by	the foll	owing	O problems?		0			0
		ot at all	Few or			lore tha	n half	the day	s N	early every
a.	Little interest or pleasure in doing things	0	•	0			0			0
	Feeling down, depressed, or hopeless	Ŏ		Ŏ			Ŏ			Ŏ
TE:	If 12a. or 12b. are marked "More than half the da	ıvs" or "l	Nearly e	verv d	lav." conti	nue to a	nswer	· items	12c. t	hrouah 12i
	the LAST 2 WEEKS, how often have you been bothered				Few or s			than ha	If	
	e following problems?	by ally	Not a	t all	day			days	" Ne	arly every d
			0		O		uie	O		0
	Trouble falling/staying asleep, sleep too much.		0		0			0		0
	Feeling tired or having little energy.		0					0		0
	Poor appetite or overeating.				0			0		
	Feeling bad about yourself – or that you are a failure or let yourself or your family down.	rnave	0		0			0		0
	Trouble concentrating on things, such as reading the newspaper or watching television.		0		0			0		0
∠n.	Moving or speaking so slowly that other people could hoticed. Or the opposite – being so fidgety that you habeen moving around a lot more than usual.		0		0			0		0
			Not dif at a		Somev diffic		Very	difficul	t	Extremely difficult
2i.	How difficult have these problems (12a.through12h.) m for you to do your work, take care of things at home, or along with other people?		0		0			0		0
a.	Over the PAST MONTH, what major life stressors have one experienced that are a cause of significant concern or make it difficult for you to do your work, take care of hings at home, or get along with other people (for example, serious conflicts with others, relationship problems, or a disciplinary or financial problems)?									

Deployer's SSN (Last 4 digits):):
Health Care Provider Only - Provider Review	, Interview, Assessı	ment, and Reco	mmendations:
Deployer is deploying to	Has deployed	times before.	Last returned

1. Address concerns identified on deployer questions 1 through 8.

Deployer question	Not answered	Deployer indicated concern or yes	Deployer's response	Provider comments (if indicated)
Self health rating	0	0		
MEB or PEB	0	0		
Medical, dental, or mental health concern	0	0		
Pregnancy	0	0		
Head injury	0	0		
Medications	0	0		
History of mental health care	0	0		

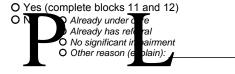
- 2. Hearing and tinnitus as reported in deployer question 9.
 - a. Did deployer mark he/she bothered a little or a lot in the past month by "noises in head or ears" or "trouble hearing"?

O Yes O No (go to block 3)

b. If yes, referral indicated?







3. Alcohol use as reported in deployer question 10.

	Deployer's AUDIT-C screening score was	(If score between o block 4).	0	Not answered	
	Number of drinks per week: Maximum number of drinks per occasion:				
	Rased on the ALIDIT-C score and assessment of alcohol use, follow the guidance below:				

Alcohol Use Intervention Matrix				
Assess Alcohol Use	AUDIT-C Score Men 5-7 Women 4-7	AUDIT-C Score Men and Women ≥ 8		
Alcohol use WITHIN recommended limits: Men: ≤ 14 drinks per week <u>OR</u> ≤ 4 drinks on any occasion Women: ≤ 7 drinks per week <u>OR</u> ≤ 3 drinks on any occasion	Advise patient to stay below recommended limits	Refer if indicated for further evaluation		
Alcohol use EXCEEDS recommended limits: Men: > 14 drinks per week or > 4 drinks on any occasion Women: > 7 drinks per week or > 3 drinks on any occasion	Conduct BRIEF counseling* AND consider referral for further evaluation	AND conduct BRIEF counseling*		

- * BRIEF counseling: <u>Bring attention</u> to elevated level of drinking; <u>Recommend limiting use or abstaining; Inform about the effects of alcohol on health; <u>Explore</u> and help/support in choosing a drinking goal; <u>Follow-up referral for specialty treatment</u>, if indicated.</u>
- b. Referral indicated for evaluation?

- O Yes (complete blocks 11 and 12)
- O No Provide education/awareness as needed.

State reason if AUDIT-C score was 8+:

- O Already under care
- O Already has referral
- O No significant impairment
- O Other reason (explain): _____

Deployer's SSN	(Last 4 digits):	

- 4. PTSD screening as reported in deployer question 11.
 - a. Did deployer mark yes on two or more of questions 11a. through 11d.?

O Yes

O No (go to block 5)

O Not answered by deployer

b. If yes, deployer's responses to questions 11e. through 11u. resulted in a PCL-C score of _____ and the deployer's response to level of impairment with life events (11v.) is indicated in the table below.

O 11e. through 11v. were not answered or are incomplete.

Based on the PCL-C score, the deployer's level of functioning, and your exploration of responses, follow the guidance below:

Post-Traumatic Stress Disorder Intervention Matrix					
Self-Reported Level of Functioning	PCL-C Score <30 (Sub-threshold or no Symptoms)	PCL-C Score 30-39 (Mild Symptoms)	PCL-C Score 40-49 (Moderate Symptoms)	PCL-C Score ≥ 50 (Severe Symptoms)	
Not Difficult at All O or Somewhat Difficult	No intervention	Provide PTSD education*		Consider referral for further evaluation AND provide PTSD education*	
Very Difficult O to Extremely Difficult	Assess need for further evaluation AND provide PTSD education*	Consider referral for further evaluation AND provide PTSD education*		Refer for further evaluation AND provide PTSD education*	

^{*} PTSD Education = Reassurance/supportive counseling, provide literature on PTSD, encourage self-management activities, and counsel deployer to seek help for worsening symptoms.

c. Referral indicated?



n 12.

O Yes (complete blocks 11 and 12)
O No O Already under care

O Already under care
O Alread has referral
O No significant impairment
O Other pason (explain): _____



a. Did deployer mark "More than half the days" or "Nearly every day" on question 12a. or 12b.?

- O Yes
- O No (go to block 6)
- O Not answered by deployer
- b. If yes, deployer's responses to questions 12a. through 12h. resulted in a total PHQ-8 score of _____ and the deployer's response to level of impairment with life events (12i.) is indicated in the table below.
 - O 12c. through 12i. were not answered or incomplete.

Based on the PHQ-8 score, deployer's level of functioning, and exploration of responses, follow the guidance below:

	Depression Intervention Matrix					
Self-Reported Level of Functioning	PHQ-8 Score 1-4 (No Symptoms)	PHQ-8 Score 5-9 (Sub-Threshold Symptoms)	PHQ-8 Score 10-14 (Mild Symptoms)	PHQ-8 Score 15-18 (Moderate Symptoms)	PHQ-8 Score 19-24 (Severe Symptoms)	
Not Difficult at All O or Somewhat Difficult	No intervention	Depression education*		Consider referral for further evaluation AND provide depression education*	Consider reterral for further evaluation AND provide depression education*	
Very Difficult O to Extremely Difficult	Assess need for further evaluation AND provide depression education*		Consider reterral tor further evaluation AND provide depression education*	Consider reterral for further evaluation AND provide depression education*	Reter for further evaluation AND provide depression education*	

^{*} Depression Education = Reassurance/supportive counseling, provide literature on depression, encourage self-management activities, and counsel deployer to seek help for worsening symptoms.

c. Referral indicated?

O Yes (complete blocks 11 and 12)

O No O Already under care

O Already has referral

O No significant impairment

O Other reason (explain):

		Deployer's SSN (Last 4 digits):
6.	Major life stressor as reported on deployer question 13.	
	Did deployer mark they have a concern or a difficulty with a major life stressor?	O Yes Deployer's concern: O No (go to block 7) O Not answered by deployer
	b. If yes, ask additional questions to determine level of probl	em:
	c. Consider need for referral. Referral indicated?	O Yes (complete blocks 11 and 12) O No O Already under care O Already has referral O No significant impairment O Other reason (explain):
7.	Suicide risk evaluation.	
	a. Ask "Over the PAST MONTH, have you been bothered by thoughts that you would be better off dead or of hurting yourself in some way?"	O Yes O No (go to block 8)
	b. If 7.a. was yes, ask: "How often have you been bothered by these thoughts?"	O Few or several days O More than half of the time O Nearly every day
	c. If 7.a. was yes, ask: "Have you had thoughts of ac daily hurting yourself?"	O Yes (If yes ask questions 7d. through 7g.) O N (In a thoughts of set finarm, go to block 8)
	d. Ask sive you thought about low you might actually hurt	yurself?" O Y s How?
	e. Ask "There's a big difference between having a thought a acting on a thought. How likely do you think it is that you act on these thoughts about hurting yourself or ending your life over the next month?"	
	f. Ask "Is there anything that would prevent or keep you from harming yourself?"	O Yes What?
	g. Ask "Have you ever attempted to harm yourself in the past	ot?" O Yes How?
	h. Conduct further risk assessment (e.g., interpersonal co social isolation, alcohol/substance abuse, hopelessness, severe agitation/anxiety, diagnosis of depression or other psychiatric disorder, recent loss, financial stress, legal disciplinary problems, or serious physical illness).	onflicts, Comments:
	i. Does deployer pose a current risk for harm to self?	O Yes (complete blocks 11 and 12) O No
В.	Violence/harm risk evaluation.	
	a. Ask , "Over the past month have you had thoughts or concerns that you might hurt or lose control with someone	O Yes O No (go to block 9)
	If yes, ask additional questions to determine extent of problem (target, plan, intent, past history) Com	ments:
	b. Does member pose a current risk to others?	O Yes (complete blocks 11 and 12) O No (briefly state reason):
9.	Medical History Review – if available, hard copy and/or el health records (including DD2766 and SF-600 entries, and recent past deployment health assessments).	
	Significant findings related to ability to deploy:	
	b. Evidence of deployment limiting conditions or medications'	PO Yes O No

Deployer's SSN	(Last 4 digits):	

10. Deployer issues with this assessment (mark as appropriate):
O Deployer declined to complete form
O Deployer declined to complete interview/assessment

Assessment and Referral: After review of deployer's responses and interview with the deployer, the assessment and need for further evaluation is indicated in blocks 11 through 14.

11. Summary of provider's identified concerns needing referral < Mark all that apply>	Yes	No
a. None Identified O		
b. Physical health	0	0
c. Dental health	0	0
d. Alcohol use	0	0
e. PTSD symptoms	0	0
f. Depression symptoms	0	0
g. Mental health symptoms	0	0
h. Risk of self-harm	0	0
i. Risk of violence	0	0
j. Other, list:	0	0



12. Recommended referral(s) < Mark all that apply even if deployer does not desire>	Within 24 hours	Within 7 days	Within 30 days
a. Primary Care, Family Practice, Internal Medicine	0	0	0
b. Behavioral Health in Primary Care	0	0	0
c. Mental Health Specialty Care	0	0	0
d. Dental	0	0	0
e. Other specialty care:	0	0	0
Audiology	0	0	0
Dermatology	0	0	0
OB/GYN	0	0	0
Physical Therapy	0	0	0
TBI/Rehab Med	0	0	0
Podiatry	0	0	0
Other, list	0	0	0
f. Case Manager / Care Manager	0	0	0
g. Substance Abuse Program	0	0	0
h. Immunization Clinic	0	0	0
i. Laboratory	0	0	0
j. Other, list:	0	0	0

13. Comments:	T	
		\dashv

14. Medical assessment/disposition:

O Deployable

O Deployable at present, but requires medical readiness updates. May delay or make undeployable, e.g., pregnancy test, immunizations, overdue Pap test, dental exam, PHA, outdated eyeglass prescription, (add comments – block 15).

O Not Deployable – potentially disqualifying condition requiring additional evaluation (add comments – block 15).

O Not Deployable – other (add comments – block 15).

15	Comments	(Mandatory	for any type	of Not Der	olovable dis	enosition)
10.	COMMISSING	(iviai luatui y	TOT ALLY LYDS	5 01 1401 DEL	JIOVADIE UIS	00031110117.

16. Supplemental services recommended / information provided				
O Appointment Assistance	O Family Support			
O Contract Support:	O Military One Source			
O Community Service:	O TRICARE Provider			
O Chaplain	O VA Medical Center or Community Clinic			
O Health Education and Information	O Vet Center			
O Health Care Benefits and Resources Information	O Other, list:			
O In Transition				

Provider's Name:		Date (<i>dd/mmm/yyyy</i>)					
Title:	O MD or DO	O PA	O Nurse Practitioner	O Adv Practice Nurse	O IDMT	O IDC	O IDHS

I certify that this review process has been completed.

This visit is coded by DOD0211.