



PERIODIC HEALTH UPDATE (PHU)

March 2020
Volume 10

NEW PHYSICAL EXAMINATION REQUIREMENTS

Don't

Overlook new changes to the Physical Examination Requirements

Do



Image retrieved from
<https://www.usphs.gov/aboutus/>



Know that the initial PHU due date is based on the officer's last five-year physical examination date and the officer's birth month



Note that a complete PHU consists of: DD-2807-1, DD-2808, PHS-7083, DD-2813, Disclosure Form



Include the report(s) of your last completed screening test(s)

Bookmark 

- [POM 821.71 Physical Examination Requirements](#)
- [Medical Affairs Commissioned Corps of the U.S. Public Health Service Periodic Health Update \(PHU\)](#)
- [Medical Affairs Frequently Asked Question](#)



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Test your knowledge of TSP policies.

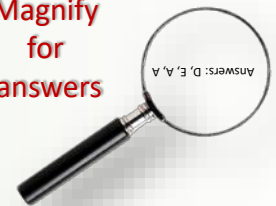
- 1. Where can officers find information on their Periodic Health Update (PHU) due date?**
 - (A) The PHU Due Dates tables available under Question 3 of the [Medical Affairs Frequently Asked Questions](#)
 - (B) In the Officer Secure Area under the Officer Dashboard
 - (C) In eCORPS
 - (D) A and B
- 2. What forms should be filled out prior to the visit with your provider?**
 - (A) DD-2813, "DoD Active Duty/Reserve/Guard/Civilian Forces Dental Examination"
 - (B) DD-2807-1, "Report of Medical History"
 - (C) DD-7083, "Behavioral Health Survey"
 - (D) DD-2808, "Report of Medical Examination"
 - (E) B and C
- 3. What are the minimum requirements for a Report of Medical Examination (DD-2808)?**
 - (A) Vital signs (pulse, blood pressure) and verified weight
 - (B) Focused medical examination that includes eye exam and hearing tests
 - (C) Laboratory tests that includes fasting blood sugar and blood lipid panel
 - (D) Urinalysis
- 4. Which of the following is correct?**
 - (A) Officers must complete and submit the Periodic Health Update (PHU) annually after the initial PHU
 - (B) Officers should continue using PHS-6355 form for dental examination
 - (C) Officers may submit a PHU less than one year after his/her last periodic physical

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Keep your finger on the pulse, check for policy updates at https://dcp.psc.gov/ccmis/bulletin/BULLETIN_archives_m.aspx

Magnify
for
answers



Policy Awareness and Notification (PAN)

Co-Leads: LCDR Mindy Chou & LT Rachael Oyewole
LCDR Linda Park
LCDR Stephanie Lanham
LCDR Maria Agresta Workman

PAN Mission: Provide policy guidance and support to the JOAG Policy and Procedures Committee Chair and updates to all junior officers.

The PAN Subcommittee is under the direction of JOAG's Policy and Procedures Committee (Chair: LCDR Beth Wittry)