



COMMISSIONED CORPS OF THE U.S. PUBLIC HEALTH SERVICE

COMMISSIONED CORPS HEADQUARTERS

Rockville, MD 20852

Periodic Health Update (PHU)

Instructions for Officers: Updated December 31, 2019

In order to better monitor the health status of officers and meet mission priorities, the Commissioned Corps of the U.S. Public Health Service (Corps) is adopting new requirements for periodic health updates. The requirements better align with the annual requirement of the military services.

Officers will no longer have to submit a five-year physical examination. In addition, a self-reporting medical history for promotion purposes will no longer be a requirement.

Every year, all officers must complete and submit a PHU between the first day of the month prior to the officer's birth month through the last day of the month after the officer's birth month (3 month window). No officer may complete a PHU within one year of his/her last periodic physical examination and no officer may complete and submit a PHU more than five years from his/her last periodic physical examination.

The PHU will have five components:

1. **Medical History:** Self-reported, and must be given to the officer's primary care provider for review and verification ([form DD-2807-1](#))
2. **Physical Examination:** Based on the officer's health risk factors, as determined by the officer's provider. Minimal requirements are the officer's vital signs and weight ([form DD-2808](#))
3. **Behavioral Health Survey:** Self-reported and given to the officer's provider for review. The behavioral health survey will facilitate a discussion with the provider about the mental well-being of the officer ([form PHS-7083](#))
4. **Dental Examination** ([form DD-2813](#))
5. **Additional Tests:** Screening tests as recommended by the United States Preventive Services Task Force (USPSTF) (e.g. cervical, breast and colorectal cancer screening) and any other testing recommended by the officer's provider based on the officer's age, medical, family, and deployment history, and the officer's occupational and environmental exposures and risks

Officers should review the [PHU FAQs](#) to determine when their first PHU is due according to the last physical exam they submitted. Officers should take all necessary forms and a copy of the [PHU Instructions for Providers](#) to their medical providers at the time of their appointment. Officers should also take the following to their appointment - [PHU Instructions for Completing DD-2807-1, 2808, 2813](#). They should also take a copy of the dental form, DD-2813, to their dentist at the time of their appointment.

All forms and provider instructions are included in a single PDF file, "[PHU Appointment Documents](#)," which can be found on the CCMIS website under Forms/Medical.

HOW TO SUBMIT THE PHU:

Officers should scan all documents and test results into a SINGLE PDF and submit them using the medical section of eDOC-U with the document name, "Periodic Health Update."