



2022 Periodic Health Update (PHU) Submission Check List

Updated December 1, 2021

To avoid your PHU submission from being rejected for incompleteness, indicate which documents you have or have not submitted in your PHU digital package:

DD-2807-1, "Report of Medical History," completed by me and verified, signed and dated by my healthcare provider. (Mandatory)

PHS-7083, "Behavioral Health Survey," completed by me after downloading, then signed and dated by my healthcare provider documenting that they reviewed the form. (Mandatory)

DD-2808, "Report of Medical Examination," dated in field #1, completed by my healthcare provider containing the minimum requirements of a recorded pulse, blood pressure, weight, height. If my Body Mass Index (BMI) is greater than 27.5 kg/m^2, "taping" must be done by your provider.

PHS-7044-1, "Verified Weight Report," if my BMI is greater than 27.5 kg/m^2

NO DD-2808 is submitted because I was unable to schedule an in-person physical examination due to the public health emergency. Instead, I had a "virtual" physical examination on (date).

DD-28013, "DoD Active Duty/Reserve/Guard/Civilian Forces Dental Examination," based on a dental examination I had within 6 months of my PHU submission date.

DD-2813 within 12months of my PHU submission date because I was unable to schedule an appointment in the last 6 months with my dental provider due to the COVID-19 pandemic.

NO DD-2813 is submitted because I was unable to schedule an appointment with my dental provider within the last 12months due to the COVID-19 pandemic.

Other laboratory tests or diagnostic examinations, as determined by my provider.

Officer's Name

SERNO

Officer's Signature

Date

Preferred order of documents: Submission Checklist, Disclosure statement, DD-2807-1, PHS, 7083, DD-2808, PHS-7044-1 (if needed), DD-2813, additional medical records

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.

You must 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."