



DA Civilian Deployers

**Recommendations to prepare and what to
bring to Fort Bliss**

By 7246th IMSU Medical Staff

Effective: 1 APR 15



References for Medical Processing



(CENTCOM region)

- Mod 12 to USCENTCOM Individual Protection and Individual/Unit Deployment Policy
<http://pec.ha.osd.mil/pmart/deployment.php#mod>
- Personnel Policy Guidance (PPG), Chapter 7
- PPG-Tab A: Amplification of the Minimal Standards of Fitness for Deployment to CENTCOM [CENTCOM MOD 12 TAB A](#)
- DD 2795 Pre Deployment Health Assessment should be completed by the individual deployer within 60 days of arrival at CRC Fort Bliss.
- This will be validated and signed by a Provider at CRC



Getting Ready to Deploy



- You are responsible for arriving to the CRC **medically ready to deploy**
- **Purpose of Medical Review at CRC is to** validate your current medical and health status to ensure that you meet requirements for deployment.
 - ✓ Check all references to ensure you are within the standards of medical fitness.
- Provide and review with your health care provider the cited references to ensure you:
 - ✓ Understand and accomplish the medical task
 - ✓ Arrive at the CRC medically read
 - ✓ Arrive at the CRC with all of the medical documentation required for waiver request (if eligible and not previously submitted by your employer)



Getting Ready to Deploy (cont)



- Accomplish the medical requirements as soon as possible and complete vaccination requirements at least 30 days before arrival to maximize level of disease protection
- DoD beneficiaries: When obtaining your prescription medications at home station, register for mail order refills at: <http://pec.ha.osd.mil/pmart/deployment.php>
- DoD beneficiaries: See the Deployment Prescription Program slides on above website



TDY and Return



- Even if “TDY and Return”, you must:
 - ✓ Meet all deployment standards before returning to home station or will be designated as non-deployable
 - ✓ Bring the applicable items and documents listed in the following slides to avoid being designated “Delay Deploy”
- If you are lacking a Medical SRP requirement that must be accomplished at a local Civilian clinic or hospital, then you, **NOT THE GOVERNMENT**, are responsible for the costs of that care and the transportation to that local civilian clinic or hospital.

Documents to Bring to Medical SRP

- Travel/Deployment Orders identifying deployment location
 - ✓ Without identified location on orders, we will perform only “CONUS” based medical SRP
- No orders = No Medical SRP
- You must meet medical requirements for all destinations identified on your orders
- DD Form 2766 “Adult Preventive and Chronic Care Flow sheet” (yellow folder)
 - ✓ Can be from a prior deployment; this serves as your deployment medical record
- Copy of medical records related to:
 - ✓ significant current or past medical issues that may affect deployability
 - ✓ mental health history and treatments



Documents to Bring to Medical SRP (2)



- Use a CPAP due to sleep apnea? Bring a copy of sleep study results and card reading/download from CPAP machine. ***Still requires waiver***
- Being treated for asthma or COPD with medication (inhalers, etc.)? Bring copy of pulmonary function test. ***Still need waiver submitted***
- Copy of medical documentation for chronic conditions that may require a waiver per Mod 12
- Copy of waiver and response from CENTCOM if waiver was initiated prior to CRC arrival.
- Letter from your surgeon indicating your recovery is complete if deploying within one year of major surgery

Documents to Bring to Medical SRP (3)



- Letter from **your** eye doctor indicating your status after PRK, if deploying w/in 90 days of the surgery
- Letter from your eye doctor indicating your status after LASIK surgery, if deploying with in 30 days of the surgery
- Copy of medical records or letter from the HCP
 - ✓ treating your psychiatric disorders (anxiety,depression, PTSD, etc.)
stating you have demonstrated stability for at least three months using the same treatment and are not expected to decline in deployed environment

Documents to Bring to Medical SRP (4)



- Copy of Behavior Health evaluation if:
 - ✓ history of psychiatric hospitalization, suicide attempt
 - ✓ substance abuse (medication, illicit drug, alcohol, inhalant) or prior treatment for such misuse
 - ✓ Traumatic Brain Injury, or Mild Traumatic Brain Injury
- Copy of results of neurological and psychological evaluation if have history of Traumatic Brain Injury (even if mild)
- Copy of records that demonstrate high blood pressure **is controlled** (can be on physical examination records)



Documents to Bring to Medical SRP (5)



- If you had a positive TB skin test in distant past, bring records that document:
 - ✓ History of exposure to TB, Proof of past treatment
 - ✓ No TB symptoms currently exist, Results of chest X-ray
- Without documentation you need a waiver to deploy
- If you have a recent positive TB skin test associated with this deployment and have no If you have a recent positive TB skin test associated with this deployment and have:
 - ✓ No symptoms currently exist (unexplained weight loss or fever, night sweats, chronic cough)
 - ✓ History of exposure to TB
 - ✓ Results of chest X-ray
 - ✓ PCM recommendations to treat or not



What to Bring to Medical SRP (6)



- Your MEDPROS Individual Medical Readiness Report if your clinic enters vaccinations and lab tests into MEDPROS
- If your clinic cannot enter vaccinations and lab tests into MEDPROS, bring paper documentation
- All civilian records of valid vaccinations
- PHS 731 (yellow shot card) if your deployment requires yellow fever vaccination
- Hearing aids and 6 months supply of batteries
- Two pair prescription glasses, if used
 - ✓ One pair prescription protective mask inserts
 - ✓ Inserts from prior deployment are ok if prescription still valid; these will be provided, if needed



Documents to Bring to Medical SRP(Dental)



- DD Form 2813 (Report of Dental Examination)
- Must document:
 - ✓ Results of the examination
 - ✓ That a panograph x-ray was done
 - ✓ Dentist's information:
 - Name, State dental license number, Office addresses, Office phone number



Documents to Bring to Medical SRP (Dental) (2)



- Individuals with orthodontic appliances are non-deployable without a waiver.
Bring these documents:
 - ✓ Waiver request and response if orthodontic appliances worn
- Waiver request should include:
 - ✓ Letter of evaluation from orthodontic provider stating that wires with neutral force are in place, if applicable
- DOD 2813, DoD Active Duty/Reserve Forces Dental Examination. Form must be completely filled out by examining dentist.



Documents to Bring to Medical SRP (Physical Exam)



- **Copy of physical examination report-valid for 15 months (to allow for 12 month deployment when performing a physical may not be possible).**
- DoD civilians may use SF 78 or DD Forms 2808 and 2807-1
- A Periodic Health Assessment performed as a Service Member or FAA certificates **ARE NOT** Acceptable substitutes
- Physical examination results must reflect:
 - ✓ That the deployer is psychologically and physically fit for working in an austere environment and capable of wearing respiratory, chemical, biological protective equipment
 - ✓ Results of Framingham calculation if:
 - > 40 years old and/or, if are treated for diabetes mellitus type 2



Documents to Bring to Medical SRP (Physical Exam) (2)



- If Framingham calculation is $>15\%$ for a deployer who is > 40 years old and/or is treated for diabetes, bring:
 - ✓ Results of cardiology evaluation with at least Graded Exercise test, cardiac perfusion scintigraphy, or stress cardiography
 - ✓ Results of Framingham calculations
 - ✓ PCM or cardiologist recommendation to deploy or not
 - ✓ Lab results Required if 35 years or older:
 - Lab results Required if 35 years or older:
- Copy of Hemoglobin A1c (within 90 days) if you have diabetes mellitus and/or if you take medications used for diabetes mellitus



Documents to Bring to Medical SRP (Physical Exam) (3)



- Blood type and RH factor
- G6PD results
- Hearing test results not over one year old- Must meet the Hearing test results not over one year old- Must meet the the Hearing test results not over one year old- Must meet the requirements.



What to Bring to Medical SRP (Medications)



- Chronic/ daily use medications – Bring 180 days supply or an amount sufficient to cover the entire deployment if less than 180 days
- Come prepared and please do not expect to get your deployment supply of daily medications at Ft Bliss Military Treatment Facility. Your CRC schedule will be very tight!
- Malaria prophylaxis medications:
 - ✓ Malaria prophylaxis will be provided to you at the CRC site with instructions and dosing.
 - ✓ Inform the CRC provider if you have any medication allergies.
 - ✓ Allergy warning tags (Red ID/"Dog" Tags with allergen listed). These can be provided at CRC if needed.



Required Vaccinations



(See References for Details)

- Review references with your health care provider to understand all requirements
- At least the first vaccination in a series is **required to deploy unless medically** or administratively contraindicated
- **Recommend receiving required vaccinations** at least 30 days before arrival to medical SRP



Waivers



- If you need a waiver to deploy, we **recommend you have your organization** request one in time to present the results **at the Medical SRP (See PPG and Mod 12 for details)**
- **If a waiver is initiated during the Medical SRP** while at the CRC, there is a risk of delayed departure due to variable response time (hours to days) for waiver approvals. **Bottom Line:** Have all your information and documents ready to ensure an easy process.



Waivers (2)



- The CENTCOM Surgeon is the approving authority for:
 - ✓ All Behavior Health diagnoses (anxiety, depression, Post Traumatic Stress Disorder, chronic insomnia, etc.) for all Civilians
 - ✓ All diagnoses for Military and Civilians not All diagnoses for Military and Civilians
 - ✓ Send requests to: ccsg-waiver@CENTCOM.army.mil
- The Component Surgeon is the approving authority for assigned deployers and for all medical conditions except for behavior health
- If assigned to ARCENT, send requests to: arcent-waiver@arcent.army.mil
- The SOCCENT Surgeon is the approving authority for all Special Operations personnel



Miscellaneous



- During Medical SRP, females must take urine pregnancy test prior to receiving vaccinations, unless can provide documentation of:
 - ✓ Bilateral tubal ligation
 - ✓ Hysterectomy
 - ✓ Post menopausal
- If used, CPAP must have rechargeable battery back-up and sufficient supplies for the duration of the deployment. (**Still requires waiver to deploy**), (Suggest hand carry to CRC to avoid damage, but do not bring to Medical SRP)



Results of Medical SRP



- “Cleared to deploy”:
 - ✓ Meets all the theater medical requirements
 - ✓ Is “medically ready to deploy”
- “Not cleared to deploy”
 - ✓ Does not meet all theater medical requirements
 - ✓ Is “ not medically ready ” to deploy
- “Delay Deploy”:
 - ✓ Does not meet all theater medical requirements
 - ✓ Not yet “ medically ready ” to fly out, but is expected to meet theater medical requirements within a short period of time.(usually w/in 1-2 weeks).
 - ✓ Continue training and processing until determined “cleared to deploy” or “not cleared”. Deployer will check in with Case Management daily until medical issues are resolved and deployer is released by CRC.



Questions



If your questions are not addressed in the PPG or Mod 12, send your specific questions to:

Ft Bliss SRRC Medical Operations@ (915) 742-6855

Email:

usarmy.bliss.medcom-wbamc.mbx.healthassessment-tracker-@mail.mil

We look forward to seeing you soon!