

## **SUBJ: Your Post Deployment Health Reassessment (PDHRA) status needs attention**

You are receiving this email because you have been on an Expeditionary Deployment and are required to complete a PDHRA. If you are receiving this email, your PDHRA status is not in compliance with Chapter 6.B.2 of the Coast Guard Medical Manual, COMDINST M6000.1F. Completing the PDHRA will not only bring you up to standards, it will also give you the opportunity to document any problems resulting from your deployment and obtain assistance in resolving those problems.

PDHRAs shall be completed using the Navy's Electronic Deployment Health Assessment (eDHA) program at <https://data.nmcphc.med.navy.mil/edha/>

To complete PDHRAs in the eDHA:

1. Click on the provided Hyperlink (<https://data.nmcphc.med.navy.mil/edha/>) (Internet Explorer is recommended to ensure compatibility)
2. Click on the "New User (Local Admins/Providers, see below)" link.
3. Enter the passphrase "**Coastie1234\$**"
4. Complete the registration information.

After Registration:

1. Log into eDHA (SSN is Log In ID)
2. Ensure the Internet Pop-up Blocker is set to "**Always allow Pop-ups**" for this site
3. Click on the "**Create a New Deployment Health Assessment**" link
4. Click on the "**SELECT**" Arrow beside "Have you returned from deployment within the past 90 to 180 days?" (Mark this selection even if it has been more than 180 days since you returned from deployment).
5. Click on "**Required by Command**"
6. Enter the **date** you departed the theater you were deployed to and click "**NEXT**" or Select "Report an Overdue PDHRA Survey" and click "**ADD**"
7. Complete the PDHRA questions. Be sure to complete mandatory information and review questions on all pages. Recommend saving the assessment upon completion of each page by selecting the blue disc icon.
8. After completing and saving your PDHRA, you will be returned to the **EDHA Global: User Main Page**.
9. Call 1-888-PDHRA-99 to review your PDHRA (DD-2900) with a Logistics Health, Inc. (LHI) contracted healthcare provider.

Deployment Health, Department of Defense Instruction 6490.03, and the Coast Guard Medical Manual, COMDTINST M6000.1(series) provide policies and prescribe procedures for deployment health activities, including deployment health assessments.