



Commissioned Corps of the U.S. Public Health Service Periodic Health Update (PHU)

In order to better monitor the health status of officers and meet mission priorities, the Commissioned Corps of the U.S. Public Health Service is adopting new requirements for periodic health updates. The requirements better align with the practices of the other Uniformed Services with their Periodic Health Assessment (PHA) and with the recommendations of the American Academy of Family Physicians regarding health maintenance examinations.

Officers will no longer have to submit a five-year physical examination. In addition, self-reporting medical history for promotion purposes will no longer be a requirement. A Periodic Health Update (PHU) will replace these requirements.

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). During the move to the PHU, 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.

Although you will submit the PHU more often, it should be a lot less complicated and burdensome than the current five-year physical. More importantly, any testing that you have as part of the PHU is determined by your individual needs and not by a prescribed list made by the Medical Affairs Branch.

The PHU will have five components:

1. Medical History - self reported, but given to your primary care provider for review and verification ([form DD-2807-1](#))
2. Physical Examination - based on your health risk factors, as determined by your provider. Minimal requirements are your vital signs and weight ([form DD-2808](#))

3. Behavioral Health Survey - self reported and given to your provider for review and recommendations of any necessary action ([form PHS-7083](#)). The behavioral health survey doesn't work as an overall mental health assessment, but does serve two important purposes:
 - a. Completing the survey can start a conversation with your provider about your mental wellbeing, and
 - b. The survey provides a periodic baseline for comparison; should a similar survey occur after deployments, which are known stressors that can impact mental health
4. Dental examination ([form DD-2813](#))
5. Additional tests - Screening tests as recommended by the United States Preventive Service Task Force (USPSTF) (e.g. cervical, breast and colorectal cancer screening) and any other testing recommended by your provider based on your own age, medical, family, and deployment history, and your occupational and environmental exposures and risks

Please see the [PHU FAQs](#) to see when your first PHU is due according to the last physical exam you submitted. Take all necessary forms and a copy of the [PHU Instructions for Providers](#) to your medical provider at the time of your appointment. If you need, also take a copy of [PHU Instructions for Completing DD-2807-1, 2808, 2813](#). Take a copy of the dental form DD-2813, to your dentist at the time of your appointment.

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

HOW TO SUBMIT YOUR PHU

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."