

# Periodic Health Update (PHU)

**Step 1: Determine when your first PHU is due**

“You must complete and submit the PHU during your **birth month period** (the first day of the month preceding the month in which you were born and the last day of the month after the month in which you were born - 3 month window).” NOTE: PHU due date now shows on your “Dashboard” within the Officer Secure Area.

**Step 2:**

**Familiarize yourself with all required forms and components**

There are 5 separate components.

When is my PHU due?

Last Periodic Physical	Initial PHU Due	Subsequent PHU Due
Before 1/2016 *	By the end of the month 5 years after your last periodic physical or your birth month between 1/2020 and 12/2020, <b>whichever comes earlier.</b>	First birth month no sooner than 1 year after initial PHU and every 1 year thereafter
1/2016-12/2018	Birth Month, 2020	Every 1 year thereafter
1/2019-12/2019 **	First birth month, 2020-2021 that is at least one year after last periodic physical	Every 1 year thereafter

- 5 Components of PHU
- 1. Medical History:** Self-reported. Reviewed and verified by officer’s primary care provider (form DD-2807-1)
  - 2. Physical Examination:** Based on the officer’s health risk factors. Minimal requirements are vital signs and weight (form DD-2808)
  - 3. Behavioral Health Survey:** Self-reported and reviewed by provider. (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.

**Step 3: Complete all forms and submit**

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.”

- Helpful Resources:
- Overview: Periodic Health Update: [https://dcp.psc.gov/ccmis/Medical%20Affairs/MA\\_Periodic\\_Health\\_Update.aspx](https://dcp.psc.gov/ccmis/Medical%20Affairs/MA_Periodic_Health_Update.aspx)
  - Medical Forms & Instructions for Officers & Providers: [https://dcp.psc.gov/ccmis/forms/FORMS\\_medical\\_m.aspx](https://dcp.psc.gov/ccmis/forms/FORMS_medical_m.aspx)
  - FAQ’s: [https://dcp.psc.gov/ccmis/Medical%20Affairs/MA\\_PHU\\_FAQs.aspx](https://dcp.psc.gov/ccmis/Medical%20Affairs/MA_PHU_FAQs.aspx)
  - Periodic Health Update (PHU) webinar through CCLMS: <https://usphstraining.hhs.gov/>