

Medical Services
PHYSICAL EXAMINATIONS

SUPPLEMENTATION. Local supplementation of this regulation is prohibited except upon approval of HSXI-HOS-PE.

SUGGESTED IMPROVEMENTS. The proponent of the regulation is the Directorate of Health Services. Users are invited to send comments and suggested improvements to the Commander, III Corps and Fort Hood, ATTN: HSXI-HOS-PE.

1. **PURPOSE.** This regulation establishes rules for the required physical examinations and medical evaluations for soldiers at Fort Hood.

2. **TYPES OF PHYSICAL EXAMINATIONS.**

a. **Periodic examinations.** All soldiers on active duty are required to undergo a periodic physical examination as listed below.

(1) Soldiers must take a physical examination at ages 20, 25, 30, 35, and 40. Complete the required physical no sooner than 3 months before the birth date and no later than the end of the birth month. Prior to age 20, physicals are not required.

(2) Soldiers age 40 and over will be screened for heart disease as well as other limiting physical defects as part of their periodic physical examinations. The medical procedures are contained in AR 40-501 (Standards of Medical Fitness). Commanders must ensure that their soldiers undergo this physical examination during their birth month at ages 40, 45, 50, 55, and at 60 or older, as well as in conjunction with the required retirement physical.

b. **Separation examination.** Soldiers on active duty for more than 30 days may be required to complete a physical examination before release from active duty. See AR 40-501, paragraph 10-25a, for the requirements based on type of separation.

c. **Retirement examination.** Retirement physicals are required for soldiers with 20 or more years of active duty. Retiring soldiers contact their medical treatment facility to arrange for the examination as early as 4 months and not later than 1 month before scheduled date of retirement (not terminal leave date).

d. **Miscellaneous examinations.**

(1) Physical examinations required for other reasons (such as appointment as an officer or warrant officer, applications for Officer Candidate School (OCS), or Special Forces, request for Military Assistance Advisory Group (MAAG) assignment, airborne or flight status, etc.) will be administered according to AR 40-501 and this regulation.

(2) Medical examinations of soldiers for initial selection or retention in certain specialized duties requires verification of the absence of disease or abnormalities which may affect performance of those duties.

3. **APPOINTMENT SCHEDULING.**

a. Submit requests for physical examination appointment according to the following:

(1) **Periodic.** Schedule periodic appointments as defined in 2a, through Darnall Army Community Hospital (DACH) Patient Appointment Section (PAS) 288-8888.

(2) **Separation.**

(a) Soldiers on active duty (AD) or active duty for training (ADT) desiring or required to complete physical examination may schedule them through PAS, DACH 288-8888.

(b) When a separation medical examination cannot be completed within the prescribed time, the commander may defer it. Under no circumstances will the examination be completed less than 3 working days before processing out of the transfer point. Appropriate entries must be made in the individual health records, reference AR 40-400 (Patient Administration).

(3) Preparation of replacements for overseas movement (POR). Sixty days before rotation.

(4) Retirement. Scheduled by PAS, DACH, according to 2c, above.

(5) Flight status. The flight surgeon will do physical examinations for flight status. Call the Flight Physical Section, 287-7392, to schedule appointments.

b. Medical evaluations and examinations are normally done at the Physical Exam Section (PES), Building 31006, next to the main hospital.

(1) General officers, colonels, and command sergeant majors examinations are done at the Medical Clinic, DACH, 288-8074/8075

(2) Service academy examinations are made by special appointment only, through Department of Defense, Medical Review Board, U.S. Air Force Academy, Colorado Springs, Colorado 80840.

4. RESPONSIBILITIES.

a. Major subordinate commanders (MSCs) will:

(1) Provide a soldier, E5 or above as escort for Chapter Physicals, except for chapters 6, 8, or 16.

(2) Ensure that the servicing military personnel office (MILPO) identifies all soldiers requiring periodic and separation physicals and provides notification to the appropriate unit commanders.

b. Unit commanders will ensure that:

(1) Soldiers receive required physical evaluations and examinations and that requests for appointments are submitted to the PAS, DACH, according to this regulation.

(2) Soldiers reporting for physical examinations pick up their health records from their Troop Medical Clinic (TMC) and bring them to physical examination section (PES) when reporting for examination.

(3) Soldiers keep appointments or cancel at the examining facility at least 24 duty hours prior to the time of the appointment.

(4) Soldiers report to the PES in uniform.

(5) Soldiers bathe or shower the preceding night or the morning of the physical examination.

(6) Medical records are screened 60 days before overseas rotation and soldiers requiring POR physicals be examined prior to their predeployment leave.

5. DISPOSITION OF MEDICAL RECORDS.

a. Forward reports of periodic medical evaluation or examination through the respective division or brigade surgeon to the individual's supporting TMC for inclusion in the health record.

b. Forward completed separation physical examination (four copies), health and dental records to the MILPO servicing the soldier's unit for delivery to AG Transfer Point for final separation processing.

c. Completed physical examination for Regular Army Commission, school, Officer Candidate School (OCS), warrant officer application, airborne, Military Assistance Advisory Group (MAAG) assignment, medical research, promotion, and United States Army Reserve (USAR) appointment will usually be completed 5-7 workdays from the time the examination is taken, and must be picked up and signed for at the PES, DACH.

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d. Dispose of completed medical reports of all other examinations according to AR 635-40 (Physical Evaluation for Retention, Retirement or Separation).

FOR THE COMMANDER:



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