PHYSICAL EXAM CHECKLIST

Part I

Preliminary

_____  Eye Screening
Optometry Clinic is located on the 2nd floor of FOX (0800-1045/Mon-Fri). Please do not wear contact lenses. Bring prescription glasses with you.

_____  Lab Work
The lab opens @ 0700. You must fast at least 12 hours prior to getting labs drawn. When fasting you may only drink water and take medications needed on a daily basis. (Do not eat or do PT during this time frame).

_____  Dental Exam
Dental exams are done on a walk-in basis between 0730 and 0900. All flight physicals require a dental exam. Dental exams done within a year are not required.

_____  Hearing Test
Hearing exams are performed in the Occupational Health Clinic.

_____  GYN (if needed)
Required if over a year since last visit. Make at appt with your PCM as soon as possible.

_____  Chest X-ray (if needed)
Chest x-rays are done in the Radiology Department @ FOX Army Health Center walk-in basis.

_____  EKG (if needed)
EKG’s are done on a walk-in basis @ Warrior Medicine Clinic.

(Instructions for filling out Forms 2802 and 2807-1)

On DD Form 2808 fill out the front #1 to letter C.
On DD Form 2807-1 fill out the front and answer the YES/NO questions.
For every question that is marked YES from #10 through #28 give statement in block #29.

PART II:

Physical Examinations are done by a Health Care Provider after completing Part I of the physical.
Appointments for Part II physicals are scheduled after all paperwork, labs, x-rays, EKG’s, eye exams, and any other required tests are completed. Plan on 7 to 14 or more days between Part I and Part II to allow for all labs and test to be completed. Please report in PT uniform for Part II physical.

BRING MEDICAL RECORDS, MILITARY AND CIVILIAN, WITH YOU WHEN YOU CHECK-IN @ PHYSICAL EXAMS FOR THE PART II APPOINTMENT.

RETIREMENT PHYSICALS ONLY: Per AR 40-501 – Voluntary requests for medical examinations should be submitted to the commander of the servicing MTF not earlier than 6 months nor later 1 month prior to the anticipated date of separation or retirement.