

NMRTU BELLE CHASSE MEDICAL READINESS PHYSICALS

FOR:

Commissioning Physical **Separating/Retiring Physicals** Reenlistment Screening

Special Operation Physical/Dive Physical Operational Duty screenings

Email: TYPE THE NAME OF THE PHYSICAL IN THE SUBJECT LINE

DHA.nola.readiness-phys@health.mil.

Operational Duty screenings: DHA.nola.ods@health.mil

Separating/Retiring Physicals DHA.nola.retirement-sep@health.mil

TYPE THE NAME OF THE PHYSICAL IN THE SUBJECT LINE

***Highlighted Physicals require labs other than the biannual HIV blood draw. ***

STEP 1. SEND YOUR DOD ID (EDIPI), YOUR BRANCH/ SERVICE AND THE PACKAGE YOU ARE REQUESTING IN THE SUBJECT LINE OF YOUR EMAIL AS AN ENCRYPTED OR DOD SAFE TO THE BELOW EMAIL ADDRESS.

Please include your EAS/Eaos within the email if require a Separation/Retirement Physical.

STEP 2. WE WILL EMAIL YOU WITH THE PHYSICAL PACKAGE YOU REQUEST.

STEP 3. EMAIL THE COMPLETED FORMS BACK TO THE EMAIL STRAND WE HAVE INITIATED WITH YOU. PLEASE ALLOW UP TO 14 DAYS FOR REVIEW AND RESPONSES. **FOLLOW ALL BELOW INSTRUCTIONS TO AVOID DELAY.**

All labs, studies, and required specialty care should be completed prior to the appointment being booked.

***PLEASE PUT LAST 4 OF SSN WHEN PROMPTED- DO NOT PUT FULL SSN *IF ADMINISTRATIVE SEPARATION OR MEDBOARD SEPARATION, PLEASE LET MEDICAL READINESS FRONT DESK CLERK KNOW.** Readiness Front Desk #: 504-678-7915/3665

*****See QR code for FAQs for answering the DD 2807 and see back side of an example of the 2807*****



PLEASE SEE BACK

10-28 any “yes” answer should be explained in block 29. Any “yes” answer never addressed by a medical provider will potentially result in not being found fit to separate or retire.

Block 29- Please read explanation. Most often full explanations are not in block 29. Describe answers, name of treating provider, dates, and CURRENT MEDICAL STATUS, (Resolved with physical therapy, improved with medication, resolved with surgical intervention, ongoing not self-limiting.

The purpose of this examination is to find you fit for separation or retirement. This is not a catch all for disability. Physical exams will be reviewed by medical providers prior to the appointment date for inconsistencies.

EXAMPLE OF BLOCK 2807

LAST NAME, FIRST NAME, MIDDLE NAME (SUFFIX) Sailor, Joe	SOCIAL SECURITY NUMBER 0000	DoD ID NUMBER (If applicable) 0123456789																																																																																																																																						
Mark each item "YES" or "NO". Every item marked "YES" must be fully explained in Item 29 below.																																																																																																																																								
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29. EXPLANATION OF "YES" ANSWER(S) (Describe answer(s), give date(s) of problem, name of doctor(s) and/or hospital(s), treatment given and current medical status.) 12a. Injured L shoulder while loading a patient onto a stretcher on deployment May 2022. Was seen at EPIC Physical Therapy, DIS Marrero MRI and has improved no issues since. 12. Injured R knee after completed 20k ruck JUL2025, X-rays negative. Currently under care of Physical Therapy at Rehab Access Mid City. 15c. Head injury while doing MCMAP, received care at LCMC West Bank SEP2025 and was referred to Neuro for care. 16f. Diagnosed with Hypertension currently taking Lisinopril 5mg. Under care of Lt Volk at NMRTU Belle Chasse. No issues.																																																																																																																																								



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