



Did you know

Soldiers who fail to maintain a current PHA or comply with requirements of AR 40-501 can be separated from the ARNG under the provisions of AR 135-175, Officer Separations, (RAR) 27 Apr 10, and AR 135-178 Enlisted Administrative Separations, (RAR) 27 Apr 10.

AR 40-501, Standards of Medical Fitness, Sep 08, Para 8-3a, states, Maintenance of physical and medical fitness is an





individual military responsibility, particularly with reference to preventable conditions and remediable defects. Soldiers have an obligation to maintain themselves in a state of good physical condition so that they may perform their duties efficiently. *Soldiers must seek timely medical advice whenever they have reason to believe that a medical condition or physical defect affects, or is likely to affect, their physical or mental wellbeing, or readiness status.*





They should not wait until the time of their annual periodic health assessment to make such a condition or defect known. Soldiers are responsible to seek medical care and report such medical care to their unit commanders. This reporting includes civilian health care. Civilian health records documenting a change which may impact their readiness status will be placed in the reserve component Soldier's military health record.

