MEMORANDUM FOR Commanders, MEDCOM Regional Medical Commands

SUBJECT: Heat Illness Medical Evaluation Board (MEB) and Profile Policy

1. References:

   a. Army Regulation (AR) 40-501. Standards of Medical Fitness, 14 Dec 07 (Rapid Action Revision (RAR) 10 Sep 08).


2. Purpose: To issue new guidance for Soldiers with heat exhaustion (HE), heat injury (HI) and heat stroke (HS) and DA Form 3349, (Physical Profile) and MEB requirements.

3. Proponent: The proponent for this policy is the Director, Health Policy and Services, Office of The Surgeon General (OTSG).

4. Policy:

   a. HE is defined as a syndrome of hyperthermia (core temperature at time of event usually equal to or less than 40°C or 104°F) with physical collapse or debilitation occurring during or immediately following exertion in the heat, with no more than minor central nervous system (CNS) dysfunction (e.g., headache, dizziness). HE resolves rapidly with minimal cooling intervention.

      (1) Single episodes of HE are not cause for referral to an MEB; however, Soldiers who experience 3 episodes of HE in less than 24 months require referral to an MEB.

      (2) Soldiers diagnosed with HE are individually profiled as determined by the treating privileged provider. Soldiers with HE pending referral to an MEB will be profiled using guidance provided in enclosure 1 and sample DA Form 3349 in enclosure 2.
b. HI is defined as HE with clinical evidence of organ (e.g., liver, renal, stomach) and/or muscle damage (e.g., Rhabdomyolysis) without sufficient neurological symptoms to be diagnosed as heat stroke.

(1) Single episodes of HI are not cause for immediate referral to an MEB. However, Soldiers who experience three episodes of HI in less than 24 months or a single episode with severe complications (e.g., compartment syndrome) of such a nature that the complications interfere with successful performance of duty, require referral to an MEB. Soldiers demonstrating any of the following complications, despite two weeks of rest, should be referred to the appropriate medical specialist for consideration of referral to an MEB: persistent residual kidney injury, persistent elevation of serum creatine kinase more than 5 times the upper limit of the lab normal range, and/or persistent elevation of transaminases more than three times the upper limit of the lab normal range.

(2) All Soldiers diagnosed with HI will be placed on a temporary profile, numerical designator 4 in the PULHES physical capacity factor P [T4 (P)], for a period of one week. After the one-week period, the Soldier will be re-evaluated and individually profiled as determined by the treating privileged provider. Soldiers diagnosed with HI and pending referral to an MEB will be profiled using guidance provided in enclosure 1 and sample DA Form 3349 in enclosure 3.

c. HS is defined as a syndrome of hyperthermia (core temperature at time of event usually equal to or greater than 40°C or 104°F), physical collapse or debilitation, and encephalopathy as evidenced by delirium, stupor, or coma, occurring during or immediately following exertion or significant heat exposure. HS can be complicated by organ and/or tissue damage, systemic inflammatory activation, and disseminated intravascular coagulation.

(1) Following an episode of HS, the Soldier will be placed on a [T4 (P)] profile for a period of two weeks. After the two-week period, the Soldier will be re-evaluated weekly for the need for a continuing profile and/or referral to an MEB. This re-evaluation will include an assessment for the presence or absence of physical damage and/or complications and any contributing risk factor(s) that may have decreased the Soldier’s ability to tolerate the heat exposure. Profile guidance is at enclosure 1 and sample DA Form 3349 in enclosures 4 and 5.

(2) During the re-evaluation period, the Soldier will be classified into one of the following 3 categories: HS without sequelae demonstrated by all clinical signs and symptoms resolved by 2 weeks following the heat exposure event; HS with sequelae to include any evidence of cognitive or behavioral dysfunction, renal impairment, hepatic dysfunction, rhabdomyolysis, or other related pathology that does not completely
MCHO-CL-C
SUBJECT: Heat Illness Medical Evaluation Board (MEB) and Profile Policy

resolve by two weeks following the heat exposure event; or Complex HS that is recurrent, or occurring in the presence of a non-modifiable risk factor, either known (e.g., chronic skin condition such as eczema or burn skin graft) or suspected (e.g., sickle cell trait, malignant hyperthermia susceptibility).

(3) Soldiers with complex HS require referral to an MEB. The Soldier's provider should consider referring the Soldier to a center with clinical expertise in heat illness for further evaluation. A sample DA Form 3349 is at enclosure 6.

d. Initial Entry Training Soldiers will not be separated based upon the diagnosis of one episode of HS with or without complications, but will be placed into a Warrior Training and Rehabilitation Program for the duration of their profile.

e. Pending publication of a revised AR 40-501, Standards of Medical Fitness, an exception to policy to use this new guidance for heat illnesses is authorized.

f. For the purpose of case tracking, coding in AHLTA will be as follows: HE (992.5); Hi (992.8); and HS (992.0). In addition, sample DA Form 3349s for all the aforementioned heat diagnoses are available in AHLTA.

g. The Uniformed Services University Consortium for Health and Military Performance is available electronically to assist in clinical consultation at champ@usuhs.mil. The US Army Research Institute of Environmental Medicine (www.usariem.army.mil) and US Army Center for Health Promotion and Preventive Medicine (http://chppm-www.appgea.army.mil/) are subject matter experts in heat physiology, acclimation and related operational issues, and offer valuable clinical and educational resources.

5. Regional Medical Commands are responsible for the execution of this policy.

Encls

ERIC B. SCHOOMAKER
Lieutenant General, MC
Commanding
<table>
<thead>
<tr>
<th>Profile Code*</th>
<th>Restrictions**</th>
<th>HS without Sequelae</th>
<th>HS with Sequelae</th>
<th>Complex HS or HE/HI Pending MEB</th>
</tr>
</thead>
<tbody>
<tr>
<td>T-4 (P)</td>
<td>Complete duty restrictions.</td>
<td>2 weeks</td>
<td>2 week minimum; advance when clinically resolved.</td>
<td>2 week minimum; advance when clinically resolved.</td>
</tr>
<tr>
<td></td>
<td>Physical Training and running/walking/swimming/bicycling at own pace and distance not to exceed 60 min per day. No maximal effort; no APFT; no wear of IBA; no MOPP gear; no ruck marching. No airborne operations (AO).</td>
<td>1 month minimum</td>
<td>2 months minimum</td>
<td>Pending MEB</td>
</tr>
<tr>
<td>T-3 (P)</td>
<td>Gradual acclimatization according to TB Med 507. No maximal effort; no APFT; no MOPP IV gear. IBA limited to static range participation. May march with a ruck sack at own pace/distance with no more than 30 lbs. Non-tactical Operational Environment (OE) permitted.</td>
<td>1 month minimum</td>
<td>2 months minimum***</td>
<td>N/A</td>
</tr>
<tr>
<td>T-2 (P)</td>
<td>Continue gradual acclimatization. May participate in unit PT; CBRN training with MOPP gear for up to 30 min; IBA on static and dynamic ranges for up to 45 min; no record APFT. Ruck march at own pace/distance with no more than 30 lbs up to 2 hrs. Non-tactical OE permitted.</td>
<td>N/A</td>
<td>Pending completion of 30 day heat exposure requirement, if not accomplished during prior profile***</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Temporary Profile: Physical Category P (PULHES).
**Soldiers manifesting no heat illness symptomatology or work intolerance after completion of profile restrictions can advance and return to duty without an MEB. Any evidence/manifestation of heat illness symptomatology during the period of the profile requires an MEB referral.
***HS with Sequelae return to full duty requires a minimum period of heat exposure during environmental stress (Heat Category 2 during the majority of included days).
PHYSICAL PROFILE

For use of this form, see AR 40-501; the proponent agency is the Office of the Surgeon General.

1. MEDICAL CONDITION: (Description is key terminology) ☒ INJURY? Or ☐ ILLNESS/DISEASE?

Heat Exhausion

2. CODES (Table 7-2 AR 40-501)

B C D M

3. Temporary

P U L H E S

3 1 1 1 1 1

4. PROFILE TYPE

a. TEMPORARY PROFILE (Expiration date YYYY/MM/DD) ☑ (Limited to 3 months duration)

b. PERMANENT PROFILE (Reviewed and validated as a minimum with every periodic physical exam or after 5 years from the date of issue) ☐

c. IF A PERMANENT PROFILE WITH A 3 OR 4 PULHES, DOES THE SOLDIER MEET RETENTION STANDARDS IAW CHAPTER 3 AR 40-501?

(If USA/ARNG/ARNGUS SOLDIER NOT ON ACTIVE DUTY SEE PARA. 9-10 & 10-26, AR 40-501 IF SOLDIER DOES NOT MEET RETENTION STANDARDS)

5. FUNCTIONAL ACTIVITIES FOR PERMANENT AND TEMPORARY PROFILES

If any answer (a-i) is NO then the profile should be at least a 2.

a. ABLE TO CARRY AND FIRE INDIVIDUAL ASSIGNED WEAPON

b. ABLE TO MOVE WITH A FIGHTING LOAD AT LEAST 2 MILES (40 LBS. INCLUDES HELMET, BOOTS, UNIFORM, LBE, WEAPON, PROTECTIVE MASK, PACK, ETC.)

c. ABLE TO WEAR PROTECTIVE MASK AND ALL CHEMICAL DEFENSE EQUIPMENT

d. ABLE TO CONSTRUCT AN INDIVIDUAL FIGHTING POSITION (Dig, fill, & lift sand bags, etc.)

e. ABLE TO DO 3-5 SECOND RUSHES UNDER DIRECT AND INDIRECT FIRE

f. IS SOLDIER HEALTHY WITHOUT ANY MEDICAL CONDITION THAT PREVENTS DEPLOYMENT?

6. APFT

YES ☑ NO ☐ ALTERNATE APFT (Fill out if unable to do APFT run otherwise N/A) YES ☑ NO ☐

2 MILE RUN ☐ X APFT WALK N/A

APFT SIT-UPS ☐ X APFT SWIM N/A

APFT PUSH UPS ☐ X APFT BIKE N/A

7. STANDARD OR MODIFIED AEROBIC CONDITIONING ACTIVITIES (Check all applicable boxes)

UNLIMITED RUNNING ☐ X OR RUN AT OWN PACE & DISTANCE ☑

UNLIMITED WALKING ☐ X OR WALK AT OWN PACE & DISTANCE ☑

UNLIMITED BIKEING ☐ X OR BIKE AT OWN PACE & DISTANCE ☑

UNLIMITED SWIMMING ☐ X OR SWIM AT OWN PACE & DISTANCE ☑

8. UPPER BODY WEIGHT TRAINING (See FM 21-20) ☑ ☑ 

9. LOWER BODY WEIGHT TRAINING (See FM 21-20) ☑ ☑ 

10. OTHER: e.g. Functional limitations and capabilities and other comments: (May continue on page 2)

1) Light indoor duty (air conditioned). No physical training. 72 hours.
2) After 72 hours, begin gradual acclimatization. No maximal effort.
No APFT. No wearing MOPP IV. IBA limited only to static range participation. Rack marching limited to own pace and distance with no more than 30 lbs. No tactical airborne operations. (Up to one week)
3) Follow up at TMC (or clinic) after one week.

This temporary profile is an extension of a temporary profile first issued on

11. THESE PARAMETERS ARE OPTIONAL, USE AS NEEDED

Lifting or carrying max weight or distance

Running maximum distance

Prolonged standing - maximum time per episode

Marching with standard field gear except rucksack max distance

Impact activities such as jumping max # reps in one day

12. TYPE NAME & GRADE OF PROFILING OFFICER

13. SIGNATURE

14. DATE (YYYY/MM/DD)

15. ACTION BY APPROVING AUTHORITY

APPROVED ☑ NOT APPROVED ☐

16. TYPE NAME & GRADE OF SENIOR PROFILING OFFICER OR APPROVING AUTHORITY

17. SIGNATURE

18. DATE (YYYY/MM/DD)

19. ACTION BY UNIT COMMANDER (See para 7-12, AR 40-501)

YES ☑ NO ☐

THIS PROFILE REQUIRES A CHANGE IN THIS SOLDIER'S MOS OR DUTY ASSIGNMENT

20. COMMENT

If this is a permanent profile with a PULHES serial of 3 or 4, refer to block 43.

21. TYPE NAME & GRADE OF UNIT COMMANDER

22. SIGNATURE

23. DATE (YYYY/MM/DD)

24. PATIENT'S IDENTIFICATION (For typed or written entries give: Name (Last, first); grade; SSN, hospital or medical facility)

25. UNIT

26. ISSUING CLINIC, PROVIDER E-MAIL & PHONE NUMBER

PROFILING OFFICER (Or Approving Authority if applicable) is responsible for ensuring the PULHES & DATE OF PROFILE is entered into MEDPROS. Original copy posted in medical records, 1 copy to unit commander, 1 copy given to soldier, 1 copy to MILPO.

DA FORM 3349, FEB 2004

DA FORM 3349, MAY 86, IS OBSOLETE.
PHYSICAL PROFILE
For use of this form, see AR 40-501, the proponent agency is the Office of the Surgeon General.

1. MEDICAL CONDITION: [Description in lay terminology] ☒ INJURY? Or ☐ ILLNESS/DISEASE?
   Heat Injury?

2. CODES (Table 7-2 AR 40-501)
   BCDM
   Permanent

3. Temporary
   Permanent

4. PROFILE TYPE
   a. TEMPORARY PROFILE (Expiration date YYYY/MM/DD) (Limited to 3 months duration)
      YES ☑ NO
   b. PERMANENT PROFILE (Reviewed and validated at least every 6 months)
      YES ☑ NO
   c. IF A PERMANENT PROFILE WITH A 3 OR 4 PULHES, DOES THE SOLDIER MEET RETENTION STANDARDS IAW CHARTER 3 AR 40-501?
      Needs Needs
      MMRB MMPEP

5. FUNCTIONAL ACTIVITIES FOR PERMANENT AND TEMPORARY PROFILES (If any answer (≥0) is NO then the profile should be at least ≥3)
   a. ABLE TO CARRY AND FIRE INDIVIDUAL ASSIGNED WEAPON
      YES ☑ NO
   b. ABLE TO MOVE WITH A FIGHTING LOAD AT LEAST 2 MILES (ruck, kit, kit bag, etc.)
      YES ☑ NO
   c. ABLE TO WEAR PROTECTIVE MASK AND ALL CHEMICAL DEFENSE EQUIPMENT
      YES ☑ NO
   d. ABLE TO CONSTRUCT AN INDIVIDUAL FIGHTING POSITION (Dip, fill, fill sand bags, etc.)
      YES ☑ NO
   e. ABLE TO DO 3-5 SECOND RUSHES UNDER DIRECT AND INDIRECT FIRE
      YES ☑ NO
   f. IS SOLDIER HEALTHY WITHOUT ANY MEDICAL CONDITION THAT PREVENTS DEPLOYMENT?
      YES ☑ NO

6. APFT
   2 MILE RUN
   APFT WALK
   APFT SWIM
   APFT BIKE
   YES ☑ NO
   ALTERNATE APFT (Fill out if unable to do APFT run otherwise NA)

7. STANDARD OR MODIFIED AEROBIC CONDITIONING ACTIVITIES (Check all applicable boxes)
   UNLIMITED RUNNING
   OR RUN AT OWN PACE & DISTANCE
   YES ☑ NO
   UNLIMITED WALKING
   OR WALK AT OWN PACE & DISTANCE
   YES ☑ NO
   UNLIMITED BIKING
   OR BIKE AT OWN PACE & DISTANCE
   YES ☑ NO
   UNLIMITED SWIMMING
   OR SWIM AT OWN PACE & DISTANCE
   YES ☑ NO

8. UPPER BODY WEIGHT TRAINING (See FM 21-20)
   9. LOWER BODY WEIGHT TRAINING (See FM 21-20)

9. OTHER: e.g. Functional limitations and capabilities and other comments. (May continue on page 2)
   1) Light indoor duty (air conditioned). No physical training. 1 week.
   2) Re-evaluation at TMC (or clinic) after one week.

* See page 2 for further recommendations *

This temporary profile is an extension of a temporary profile first issued on

10. TYPE NAME & GRADE OF PROFILING OFFICER

11. SIGNATURE

12. DATE (YYYY/MM/DD)

13. ACTION BY APPROVING AUTHORITY
   APPROVED
   NOT APPROVED

14. TYPE NAME & GRADE OF SENIOR PROFILING OFFICER OR APPROVING AUTHORITY

15. SIGNATURE

16. DATE (YYYY/MM/DD)

17. ACTION BY UNIT COMMANDER (See para 7-12, AR 40-501)
   THIS PROFILE REQUIRES A CHANGE IN THIS SOLDIER'S MOS or DUTY ASSIGNMENT
   YES ☑ NO

18. SIGNATURE

19. DATE (YYYY/MM/DD)

20. COMMENT

21. TYPE NAME & GRADE OF UNIT COMMANDER

22. SIGNATURE

23. DATE (YYYY/MM/DD)

24. PATIENT'S IDENTIFICATION (For typed or written entries give: Name (Last, first); grade; SSN; hospital or medical facility)

25. UNIT

26. ISSUING CLINIC, PROVIDER E-MAIL & PHONE NUMBER

PROFILING OFFICER (Or Approving Authority if applicable) IS RESPONSIBLE FOR ENSURING THE PULHES & DATE OF PROFILE IS ENTERED INTO MEDPROS. ORIGINAL COPY POSTED IN MEDICAL RECORDS, 1 COPY TO UNIT COMMANDER, 1 COPY GIVEN TO SOLDIER, 1 COPY TO MILPD.
3) Medical provider may extend period of rest an additional week if there is clinical concern. After two weeks of rest, if continued clinical concern, the provider should refer the Soldier to the appropriate medical specialist for consideration of referral to an MEB. (Such reasons may include persistent residual kidney injury, persistent elevation of CK more than five times upper limit of normal, and/or persistent elevation of transaminases more than three times upper limit of normal.)

4) If cleared by medical provider after one week of rest profile, may begin light outdoor duty. The Soldier may do physical training to include running, walking, swimming, and bicycling at own pace and distance NOT TO EXCEED 60 MINUTES PER DAY. No maximal effort. No APFT. No wearing IBA. No wearing MOPP gear. No ruckmarching. No airborne operations. This profile should be for two weeks and is considered a Temporary 3 profile, under the physical category P.

5) If the Soldier continues to have no heat illness symptomatology or work intolerance, after two weeks of above profile, begin gradual acclimatization. No maximal effort. No APFT. No wearing MOPP IV. IBA limited only to static range participation. Ruck marching limited to own pace and distance with no more than 30 lbs. No tactical airborne operations. This profile should also be for two weeks and is considered a Temporary 3 profile, under the physical category P.

6) If the Soldier continues to have no heat illness symptomatology or work intolerance, after two weeks of above profile, the Soldier may be returned to full duty without restrictions.

** NOTE THE MINIMUM TIME ON THIS PROFILE IS 5 WEEKS **
PHYSICAL PROFILE

For use of this form, see AR 40-501; the proponent agency is the Office of the Surgeon General.

1. MEDICAL CONDITION: (Description in lay terminology) ☑ INJURY? Or ☐ ILLNESS/DISEASE? ☐ Heat Stroke without Sequelae (or Complications)

2. CODES (Table 7-2 AR 40-501)

3. Temporary Permanent

4. PROFILE TYPE

   a. TEMPORARY PROFILE (Expiration date YYYYMMDD) (Limited to 3 months duration) ☑

   b. PERMANENT PROFILE (Re-validated and validated as a minimum with every periodic physical exam or after 5 years from the date of issue) ☐

   c. IF A PERMANENT PROFILE WITH A 3 OR 4 PULHES, DOES THE SOLDIER MEET RETENTION STANDARDS IAW CHAPTER 3 AR 40-501?

   (If USA/RNG/ARNG Soldier NOT on Active Duty see para. 9-10 & 10-26, AR 40-501 if Soldier Does Not Meet Retention Standards)

5. FUNCTIONAL ACTIVITIES FOR PERMANENT AND TEMPORARY PROFILES (If any answer (a-f) is NO then the profile should be at least a 3)

   a. ABLE TO CARRY AND FIRE INDIVIDUAL ASSIGNED WEAPON

   b. ABLE TO MOVE WITH A FIGHTING LOAD AT LEAST 2 MILES (40 LBS Includes helmet, boots, uniform, LBE, weapon, protective mask, pack, etc.)

   c. ABLE TO WEAR PROTECTIVE MASK AND ALL CHEMICAL DEFENSE EQUIPMENT

   d. ABLE TO CONSTRUCT AN INDIVIDUAL FIGHTING POSITION (Dig, Rl & Rl sand bags, etc.)

   e. ABLE TO DO 3-5 SECOND RUSHES UNDER DIRECT AND INDIRECT FIRE

   f. IS SOLDIER HEALTHY WITHOUT ANY MEDICAL CONDITION THAT PREVENTS DEPLOYMENT?

6. APFT

   a. 2 MILE RUN

   b. APFT SIT-UPS

   c. APFT PUSH UPS

   d. APFT WALK

   e. APFT SWIM

   f. APFT BIKE

   g. N/A

7. STANDARD OR MODIFIED AEROBIC CONDITIONING ACTIVITIES (Check all applicable boxes)

   a. UNLIMITED RUNNING

   b. OR RUN AT OWN PACE & DISTANCE

   c. UNLIMITED WALKING

   d. OR WALK AT OWN PACE & DISTANCE

   e. UNLIMITED BIKING

   f. OR BIKE AT OWN PACE & DISTANCE

   g. UNLIMITED SWIMMING

   h. OR SWIM AT OWN PACE & DISTANCE

8. UPPER BODY WEIGHT TRAINING (See FM 21-20)

   9. LOWER BODY WEIGHT TRAINING (See FM 21-20)

9. OTHER: e.g. Functional limitations and capabilities and other comments (May continue on page 2)

10. 1) Light indoor duty (air conditioned). No physical training. 2 weeks.

     2) Re-evaluation at TMC (or clinic) weekly during profile.

     * See page 2 for further recommendations *

11. 11. THESE PARAMETERS ARE OPTIONAL, USE AS NEEDED

     Lifting or carrying max weight

     Running maximum distance

     Prolonged standing - maximum time per episode

     Marching with standard field gear except rucksack max distance

     Impact activities such as jumping max # reps in one day

12. TYPE NAME & GRADE OF PROFILING OFFICER

13. SIGNATURE

14. DATE (YYYYMMDD)

15. ACTION BY APPROVING AUTHORITY

   APPROVED

   NOT APPROVED

16. TYPE NAME & GRADE OF SENIOR PROFILING OFFICER OR APPROVING AUTHORITY

17. SIGNATURE

18. DATE (YYYYMMDD)

19. ACTION BY UNIT COMMANDER (See para 7-12, AR 40-501)

   THIS PROFILE REQUIRES A CHANGE IN THIS SOLDIER'S MOS OR DUTY ASSIGNMENT

   YES ☑ NO ☐

20. COMMENT

   If this is a permanent profile with a PULHES serial of 3 or 4 refer to block 3c

21. TYPE NAME & GRADE OF UNIT COMMANDER

22. SIGNATURE

23. DATE (YYYYMMDD)

24. PATIENT'S IDENTIFICATION (For typed or written entries give: Name (Last, first); grade; SSN; hospital or medical facility)

25. UNIT

26. ISSUING CLINIC, PROVIDER E-MAIL & PHONE NUMBER

   PROFILING OFFICER (Or Approving Authority if applicable) IS RESPONSIBLE FOR ENSURING THE PULHES & DATE OF PROFILE IS ENTERED INTO MEDPROS. ORIGINAL COPY POSTED IN MEDICAL RECORDS, 1 COPY TO UNIT COMMANDER, 1 COPY GIVEN TO SOLDIER, 1 COPY TO MILPO.

DA FORM 3349, FEB 2004

DA FORM 3349, MAY 86, IS OBSOLETE.
Heat Stroke Profile

Heat Stroke (without sequelae) is defined as having heat stroke in which all clinical signs and symptoms resolved by two weeks after the event. If this is not the case, the diagnosis of Heat Stroke with Sequelae or Complex Heat Stroke should be used.

3) If cleared by medical provider after two weeks of rest profile, may begin light outdoor duty. Soldier may do physical training to include running, walking, swimming, and bicycling at own pace and distance NOT TO EXCEED 60 MINUTES PER DAY. No maximal effort. No APFT. No wearing IBA. No wearing MOPP gear. No ruckmarching. No airborne operations. This profile should be for a minimum of one month and is considered a Temporary 3 profile, under the physical category P. The Soldier should be seen by the medical provider at least every two weeks.

4) If the Soldier continues to have no heat illness symptomatology or work intolerance, after one month of above profile, begin gradual acclimatization. No maximal effort. No APFT. No wearing MOPP IV. IBA limited only to static range participation. Ruckmarching limited to own pace and distance with no more than 30 lbs. No tactical airborne operations. This profile should also be for a minimum of one month and is considered a Temporary 3 profile, under the physical category P. The Soldier should be seen by the medical provider at least every two weeks.

5) If the Soldier continues to have no heat illness symptomatology or work intolerance, after one month of above profile, the Soldier may be returned to full duty without restrictions.

** NOTE THE MINIMUM TIME ON THIS PROFILE IS 2 1/2 MONTHS **
PHYSICAL PROFILE

For use of this form, see AR 40-501; the proponent agency is the Office of the Surgeon General.

1. MEDICAL CONDITION: (Description in lay terminology) [X] INJURY? OR [ ] ILLNESS/DISEASE?
   Heat Stroke with Sequelae (or Complications)

2. CODES (Table 7-2 AR 40-501)
   BCDM

3. Temporary Permanent
   4 1 1 1 1

4. PROFILE TYPE
   a. TEMPORARY PROFILE (Expiration date YYYY/MM/DD)
      (Limited to 3 months duration) [X] [NO]
   b. PERMANENT PROFILE (Reviewed and validated as a minimum with every periodic physical exam or after 5 years from the date of issue)
      [X] [NO]
   c. IF A PERMANENT PROFILE WITH A 3 OR 4 PULHES, DOES THE SOLDIER MEET RETENTION STANDARDS (AWH CHAP 3 AR 40-501)?
      (If unsure, ignore Soldier not on active duty see PARA 9-10 & 10-26, AR 40-501, if Soldier does not meet retention standards)
      [X] [NO]

5. FUNCTIONAL ACTIVITIES FOR PERMANENT AND TEMPORARY PROFILES (If any answer (a-f) is NO then the profile should be at least a 3)
   a. ABLE TO CARRY AND FIRE INDIVIDUAL ASSIGNED WEAPON
      [X] [NO]
   b. ABLE TO MOVE WITH A FIGHTING LOAD AT LEAST 2 MILES (48 LBS. includes helmet, boots, uniform, LBE, weapon, protective mask, pack, etc.)
      [X] [NO]
   c. ABLE TO WEAR PROTECTIVE MASK AND ALL CHEMICAL DEFENSE EQUIPMENT
      [X] [NO]
   d. ABLE TO CONSTRUCT AN INDIVIDUAL FIGHTING POSITION (Dig, fill, & lift sand bags, etc.)
      [X] [NO]
   e. ABLE TO DO 3-5 SECOND RUSHES UNDER DIRECT AND INDIRECT FIRE
      [X] [NO]
   f. IS SOLDIER HEALTHY WITHOUT ANY MEDICAL CONDITION THAT PREVENTS DEPLOYMENT?
      [X] [NO]

6. APFT
   YES NO ALTERNATE APFT (Fill out if unable to do APFT run otherwise N/A)
   YES NO
   2 MILE RUN [X] [NO]
   APFT WALK
   APFT SIT-UPS [X] [NO]
   APFT SWIM
   APFT PUSH UPS [X] [NO]
   APFT BIKE

7. STANDARD OR MODIFIED AEROBIC CONDITIONING ACTIVITIES (Check all applicable boxes)
   UNLIMITED RUNNING [X] [NO]
   OR RUN AT OWN PACE & DISTANCE
   UNLIMITED WALKING [X] [NO]
   OR WALK AT OWN PACE & DISTANCE
   UNLIMITED BIKEING [X] [NO]
   OR BIKE AT OWN PACE & DISTANCE
   UNLIMITED SWIMMING [X] [NO]
   OR SWIM AT OWN PACE & DISTANCE

8. UPPER BODY WEIGHT TRAINING (See FM 21-20) [X] [NO]

9. LOWER BODY WEIGHT TRAINING (See FM 21-20) [X] [NO]

10. OTHER: e.g. Functional limitations and capabilities and other comments (May continue on page 2)
    1) Light indoor duty (air conditioned). No physical training. 2 weeks minimum, only advance if clinically resolved.
    2) Re-evaluation at TMC (or clinic) weekly during profile.

   * See page 2 for further recommendations *

   This temporary profile is an extension of a temporary profile first issued on

11. THESE PARAMETERS ARE OPTIONAL, USE AS NEEDED
    a. Lifting or carrying max weight distance
    b. Running maximum distance
    c. Prolonged standing: maximum time per episode
    d. Marching with standard field gorp except rucksack max distance
    e. Impact activities such as jumping max # reps in one day

12. TYPE NAME & GRADE OF PROFILING OFFICER

13. SIGNATURE

14. DATE (YYYY/MM/DD)

15. ACTION BY APPROVING AUTHORITY
   APPROVED
   NOT APPROVED

16. TYPE NAME & GRADE OF SENIOR PROFILING OFFICER OR APPROVING AUTHORITY
   SIGNATURE

17. SIGNATURE

18. DATE (YYYY/MM/DD)

19. ACTION BY UNIT COMMANDER (See para 7-12, AR 40-501)
   THIS PROFILE REQUIRES A CHANGE IN THIS SOLDIER'S MOS or DUTY ASSIGNMENT
   YES [X] NO

20. COMMENT

21. TYPE NAME & GRADE OF UNIT COMMANDER

22. SIGNATURE

23. DATE (YYYY/MM/DD)

24. PATIENT'S IDENTIFICATION (For typed or written entries give: Name (Last, first); grade; SSN; hospital or medical facility)

25. UNIT

26. ISSUING CLINIC, PROVIDER E-MAIL & PHONE NUMBER

PROFILING OFFICER (Or Approving Authority if applicable) IS RESPONSIBLE FOR ENSURING THE PULHES & DATE OF PROFILE IS ENTERED INTO MEDPROS. ORIGINAL COPY POSTED IN MEDICAL RECORDS; 1 COPY TO UNIT COMMANDER, 1 COPY GIVEN TO SOLDIER, 1 COPY TO MILPO.
Continuation (From page 1, Item 10)

Heat Stroke with Sequelae Profile

Heat Stroke (with sequelae) is defined as having heat stroke in which there is evidence of cognitive or behavioral dysfunction, renal impairment, hepatic dysfunction, rhabdomyolysis, or other related pathology that does not completely resolve by two weeks following the event.

3) If cleared by medical provider after two weeks of rest profile, may begin light outdoor duty. Soldier may do physical training to include running, walking, swimming, and bicycling at own pace and distance NOT TO EXCEED 60 MINUTES PER DAY. No maximal effort. No APFT. No wearing IBA. No wearing MOPP gear. No ruckmarching. No airborne operations. This profile should be for a minimum of two months and is considered a Temporary 3 profile, under the physical category P. The Soldier should be seen by the medical provider at least every two weeks.

4) If the Soldier continues to have no heat illness symptomatology or work intolerance, after one month of above profile, begin gradual acclimatization. No maximal effort. No APFT. No wearing MOPP IV. IBA limited only to static range participation. Ruck marching limited to own pace and distance with no more than 30 lbs. No tactical airborne operations. This profile should also be for a minimum of two months and is considered a Temporary 3 profile, under the physical category P. The Soldier should be seen by the medical provider at least every two weeks.

5) The Soldier will continue gradual acclimatization. The Soldier may participate in unit PT, conduct CBRN training with MOPP gear for up to 30 minutes and wear IBA on static and dynamic ranges for up to 45 minutes. No record APFT. Ruck marching at own pace and distance with no more than 30 lbs for no more than two hours. No tactical airborne operations. This profile should also be for a minimum of one month and must include a minimum of 30 days with heat exposure (if not accomplished in the step above). This profile is considered a Temporary 2 profile, under the physical category P. The Soldier should be seen by the medical provider at least monthly.

6) If the Soldier continues to have no heat illness symptomatology or work intolerance, after one month of heat exposure with the above profile, the Soldier may be returned to full duty without restrictions.

** NOTE THE MINIMUM TIME ON THIS PROFILE IS 4 1/2 MONTHS. THERE MUST BE 30 DAYS OF HEAT EXPOSURE BEFORE THIS PROFILE CAN BE DOWNGRADED TO FULL DUTY. **
**PHYSICAL PROFILE**

For use of this form, see AR 40-501; the proponent agency is the Office of the Surgeon General.

1. **MEDICAL CONDITION:** (Description in lay terminology) **INJURY?** Or **ILLNESS/DISEASE?**
   - Complex Heart Stroke (or Heat Exhaustion/Heat Injury requiring MEB)
   - **BCDM**

2. **CODES (Table 7-2 AR 40-501)**
   - **PULHES**
     - 411111
   - **BCDM**

3. **PROFILE TYPE**
   - **YES** NO
   - a. **TEMPORARY PROFILE** (Expiration date YYYYMMDD) (Limited to 3 months duration)
   - b. **PERMANENT PROFILE** (Reviewed and validated as a minimum with every periodic physical exam or after 5 years from the date of issue)

4. IF A PERMANENT PROFILE WITH A 3 OR 4 PULHES, DOES THE SOLDIER MEET RETENTION STANDARDS IAW CHAPTER 3 AR 40-5017?
   - (If yes or no answer is NO then the profile should be at least a 3)

5. **FUNCTIONAL ACTIVITIES FOR PERMANENT AND TEMPORARY PROFILES**
   - a. **ABLE TO CARRY AND FIRE INDIVIDUAL ASSIGNED WEAPON**
   - b. **ABLE TO MOVE WITH A FIGHTING LOAD AT LEAST 2 MILES (48 LBS. includes helmet, boots, uniform, LBE, weapon, protective mask, pack, etc.)**
   - c. **ABLE TO WEAR PROTECTIVE MASK AND ALL CHEMICAL DEFENSE EQUIPMENT**
   - d. **ABLE TO CONSTRUCT AN INDIVIDUAL FIGHTING POSITION (Dig, fill, & lift sand bags, etc.)**
   - e. **ABLE TO DO 3-5 SECOND RUSHES UNDER DIRECT AND INDIRECT FIRE**

6. **IS SOLDIER HEALTHY WITHOUT ANY MEDICAL CONDITION THAT PREVENTS DEPLOYMENT?**
   - **YES** NO
   - a. **APFT**
     - b. **ALTERNATE APFT** (Fill out if unable to do APFT run otherwise N/A)

7. **STANDARD OR MODIFIED AEROBIC CONDITIONING ACTIVITIES** (Check all applicable boxes)
   - a. **UNLIMITED RUNNING**
   - b. **UNLIMITED WALKING**
   - c. **UNLIMITED BIKING**
   - d. **UNLIMITED SWIMMING**

8. **UPPER BODY WEIGHT TRAINING** (See FM 21-20)
   - **9. LOWER BODY WEIGHT TRAINING** (See FM 21-20)

9. **OTHER:** e.g. Functional limitations and capabilities and other comments (May continue on page 2)
   - 1) Light indoor duty (air conditioned). No physical training. 2 weeks.
   - 2) Re-evaluation at TMC (or clinic) weekly during profile.

* See page 2 for further recommendations *

**SOLDIER TO BE REFERRED FOR MEB**

This temporary profile is an extension of a temporary profile first issued on

12. **TYPE NAME & GRADE OF PROFILING OFFICER**
   - **SIGNATURE**
   - **DATE (YYYYMMDD)**

15. **ACTION BY APPROVING AUTHORITY**
   - **APPROVED**
   - **NOT APPROVED**

16. **TYPE NAME & GRADE OF SENIOR PROFILING OFFICER OR APPROVING AUTHORITY**
   - **SIGNATURE**
   - **DATE (YYYYMMDD)**

19. **ACTION BY UNIT COMMANDER** (See para 7-12, AR 40-501)
   - **YES** NO
   - **SIGNATURE**
   - **DATE (YYYYMMDD)**

20. **COMMENT**

If this is a permanent profile with a PULHES serial of 3 or 4 refer to block 4c.

21. **TYPE NAME & GRADE OF UNIT COMMANDER**
   - **SIGNATURE**
   - **DATE (YYYYMMDD)**

24. **PATIENTS IDENTIFICATION** (For typed or written entries give Name (Last, first); grade; SSN; hospital or medical facility)

25. **UNIT**

28. **ISSUING CLINIC, PROVIDER E-MAIL & PHONE NUMBER**

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DA FORM 3349, FEB 2004

DA FORM 3349, MAY 86, IS OBSOLETE.
Heat Stroke Profile

Complex Heat Stroke is defined as having heat stroke that is recurrent, or occurring in the presence of a non-modifiable risk factor either known (chronic skin condition such as eczema or burn skin graft) or suspected (sickle cell trait, malignant hyperthermia susceptibility).

3) If cleared by medical provider after two weeks of rest profile, may begin light outdoor duty. Soldier may do physical training to include running, walking, swimming, and bicycling at own pace and distance NOT TO EXCEED 60 MINUTES PER DAY. No maximal effort. No APFT. No wearing IBA. No wearing MOPP gear. No ruckmarching. No airborne operations. This profile should be written as a ninety day profile while the Soldier is undergoing an MEB. This profile is considered a Temporary 3 profile, under the physical category P. The Soldier should be seen by the medical provider at least every two weeks.

** SOLDIERS WITH COMPLEX HEAT STROKES REQUIRE REFERRAL TO AN MEB **