



# SHPE

Separation History & Physical Examination



DoD separation exam  
— streamlines —  
VA disability claims

Department of Veterans Affairs **VETERAN'S APPLICATION FOR COMPENSATION AND/OR PENSION**

OMB Control No. 0970-0047  
Respondent Burden  
Expiration Date: 8/31/2018

Read information and instructions carefully before completing the form. Type, print, or write plainly.

**PART I - VETERAN'S INFORMATION**

WHAT BENEFIT ARE YOU APPLYING FOR?  
 COMPENSATION  PENSION  BOTH COMPENSATION AND PENSION

HAVE YOU PREVIOUSLY APPLIED FOR ANY VA BENEFIT(S)? (Check applicable box)  
 YES  NO

IF YES, ON WHAT DATE?  
 COMPENSATION  OTHER (Specify) \_\_\_\_\_

FULL NAME (LAST, FIRST, MIDDLE, LAST NAME OF VETERAN)

1A. VETERAN'S SOCIAL SECURITY NO. 1B. VA FILE NUMBER (If applicable) 1C. SPOUSE'S SOCIAL SECURITY NO.

1D. DATE OF BIRTH (MM/DD/YYYY) 1E. DATE OF SEPARATION (MM/DD/YYYY)

2. ADDRESS (Number and street or rural route, city or P.O., State and ZIP Code)



Frequently Asked Questions



**Q: What is a SHPE?**

A: Separation History and Physical Examination.

**Q: What is the purpose of the SHPE?**

A: The purpose of the SHPE is to capture a complete medical history and conduct a complete medical examination, when required, in order to document the Service Members (SMs) current health status prior to separation from Active Duty. The results of the SHPE may uncover previously undiagnosed conditions or be used to recognize and prevent illnesses and injuries arising from military service. The results will be used to medically clear SMs for separation from active duty service and for evaluation of VA disability claims.

**Q: What's the benefit of the SHPE?**

A: First, it eliminates you having to get duplicate exams from the DoD in order to meet separation requirements and the VA in order to file a disability claim. Second, it ensures any condition you may have is properly documented prior to separation.

**Q: Do I have to file a disability claim with VA prior to separation?**

A: No. While it is advisable to file a disability claim if you believe you have a service-connected disability prior to separation from active duty, you also may do so after separation. The SHPE provides a complete health status for the member at time of separation from active duty in order to assist with adjudicating any future claims.

**Q: Where is the exam completed?**

A: If you are filing a VA disability claim 180 to 90 days prior to separation from active duty, the VA may provide a Separation Health Assessment to meet both the VA disability claim and DoD separation exam requirement. For those not filing a VA disability claim within the 180 to 90 day window or unable to complete the exam with the VA due to terminal leave or unforeseen circumstances, you should have the SHPE completed at a DoD medical treatment facility or department.

**Q: Which service members are eligible for a SHPE?**

A: DoDI 6040.46 requires all SMs preparing for release from active duty to receive a comprehensive SHPE prior to release from active duty that meet the following criteria:

1. Active Duty SMs
2. Reserve Component (RC) SMs on continuous active duty orders (other than for training

## ***New DoD separation exam streamlines VA disability claims***

*All separating and retiring service members now receive a Separation Health Assessment. When performed in the DoD, the assessment is called the Separation History and Physical Examination (SHPE). The DoD-wide exam helps ensure members filing a disability claim through the Department of Veterans Affairs (VA) receive timely benefits and eliminates the need to have duplicative exams with the DoD and the VA. Even though there are challenges between DoD and VA health record systems, the DoD/VA team are continuously working to make the process more fluid. Service members can be confident the VA will get a complete copy of the record when needed.*



- purposes only) for a period of 180 days or more
- 3. RC SMs on continuous active duty orders for 30 days or more in support of a contingency operation (as identified on their orders).

**Q: When does a separating service member not need a SHPE?**

- A: A SHPE may not be required if:
- SM is already enrolled in the Disability Evaluation System
  - has a complete physical exam with audiogram testing within the past 12 months prior to date of separation
  - separating from their current status and beginning a new period of active duty with no break in service
  - Reservists not meeting the minimum time for continuous active duty service .

**Q: How will I be able to validate my SHPE if I am taking more than 30 days of terminal leave?**

A: When taking terminal leave, the final out processing date may be used in lieu of date of separation from active duty for timeline requirements.

**Q: What are the requirements to obtain a Separation Health Assessment at the VA?**

A: Filing a pre-separation claim with the VA 180 to 90 days prior to date of separation and the ability to complete the Separation Health Assessment prior to discharge date. Again, it is not recommended for those who plan on taking more than 30 days of terminal leave or for unforeseen circumstances that would extend their active duty obligation.

***For more information or to schedule your SHPE contact your Military Treatment Facility or Medical Department***