

# United States Army Physical Disability Agency

## TEMPORARY DISABILITY RETIRED LIST (TDRL) FREQUENTLY ASKED QUESTIONS

### 1. Question: What is the TDRL?

**Answer:** The TDRL is a list of Army members found to be unfit for performance of military duties by reason of physical disability which may be permanent, but which has not sufficiently stabilized to permit an accurate assessment of a permanent degree of disability. The Secretary of the Army is required by law to maintain the TDRL, and has delegated this responsibility to Headquarters, United States Army Physical Disability Agency (USAPDA).

### 2. Question: How long can I stay on TDRL?

**Answer:** Five years. The law requires that a final determination be made before the fifth anniversary of placement on the TDRL. However, you may be removed from the TDRL at an earlier date whenever a periodic examination discloses that your medical condition has stabilized for rating purposes. The law also directs the termination of Army retired pay and all retiree benefits if a final determination is not made at the end of five years. This cannot be waived.

### 3. Question: Am I entitled to a Uniformed Services Identification Card while on the TDRL?

**Answer:** Yes. Your spouse and dependent children are also entitled to an ID card. The cards are valid for the five-year period the law allows you to be carried on the TDRL unless you are removed earlier. You may apply for this card at the nearest military ID card office. You should bring a copy of your retirement orders and DD Form 214 with you when you apply.

### 4. Question: What if I change my mailing address while I am on the TDRL?

**Answer:** You are required to keep USAPDA advised of changes in your address and other contact information (phone, email). It is important that you do so in order for contact to be made promptly when being scheduled for your periodic physical examination and for timely notification of your final Physical Evaluation Board (PEB) determination. You will receive a notification letter and other pertinent information three (3) months prior to each scheduled examination as annotated in Section 2 of the DA Form 199 (PEB Proceedings). You should promptly notify us by letter, email, or telephone whenever there is a change to your mailing address. **Failure to keep the Physical Disability Agency informed of any address changes could jeopardize your entitlement to disability retirement benefits.** Send change of address information to U.S. Army Physical Agency, ATTN: TDRL Branch, 2530 Crystal Drive, Arlington, Virginia 22202. You may contact us by phone at 1-855-863-0426 (toll free) or email at: [usarmy.pentagon.hrc.mbx.usapda-tdrl@mail.mil](mailto:usarmy.pentagon.hrc.mbx.usapda-tdrl@mail.mil).

### 5. Question: How often will I have to undergo a physical examination, and how will I be scheduled for it?

**Answer:** You are required by law to undergo physical examinations at least once every 18 months. However, examinations may be scheduled as early as six (6) months after initial placement on the TDRL if deemed necessary by appropriate medical/disability authorities. Your re-examination month will be reflected in Section 2 of your DA Form 199. The USAPDA will forward a letter to you and the designated Medical Treatment Facility (MTF) three (3) months in advance requesting that a physical examination be conducted. After an appointment has been

made for you, a representative for the MTF Commander will send you additional correspondence advising you of the exact date and time to report.

**6. Question: Must I undergo TDRL physical examinations if I have received an examination and a rating from the VA since I was placed on the TDRL?**

**Answer:** Maybe not. If the VA completed both an examination and a new rating for any unstable condition(s) that caused placement on the TDRL, the USAPDA will review the rating documents to determine if they can be used in lieu of a new exam and new rating. If USAPDA determines that they may be used, those documents will be provided directly to the PEB for adjudication. The results of the PEB's findings will be provided to your PEBLO who will provide them to you. Additionally, you will have an opportunity to contest this decision along with representation from legal counsel if you feel it was inaccurate. Use of VA documents in lieu of requiring you to undergo another examination is beneficial to the government and is normally much more convenient for TDRL members.

**7. Question: I had five conditions that were found unfit by the PEB when I was placed on the TDRL. Do I have to get a re-examination for all of them?**

**Answer:** No. You will only be re-examined for the unstable condition(s) that caused placement on the TDRL, which will be identified in Section 3(d) of your DA Form 199 if your initial PEB findings placing you on the TDRL were issued after March 2012. If a condition requires re-examination, that block will be checked N (for No). If placed on the TDRL, you will at least have one condition that is marked as not being "permanent and stable" on the form, and you may have more than one. Only those conditions require a re-examination and a new rating. If you have other unfitting conditions which were determined to be permanent and stable at the time of your placement on the TDRL, they will be carried forward on your new PEB findings with the same rating(s).

**8. Question: Where will my examinations take place?**

**Answer:** You will normally be referred to the Army MTF closest to your home. The MTF Commander will be responsible for scheduling and conducting the examination at his/her facility, other federal medical facilities or civilian hospitals/clinics near your home.

**9. Question: When I was placed on the TDRL I was told that my re-exam would be done by an Army MTF. Why did I receive notice that my re-examination will be done by a contractor and not a Medical Treatment Facility (MTF)?**

**Answer:** The Army's Medical Command (MEDCOM) determines who conducts TDRL re-examinations. In late 2015, the Regional Health Command-Atlantic (RHC-A) contracted the performance of some of their TDRL re-examinations to Maximus Defense Logistic Health (DLH) Solutions. This affects all TDRL members who live in the northeast, along the Atlantic coast from North Carolina northward, and many members living in the northern Midwest region. These individuals will be notified by USAPDA four (4) months in advance that their re-examinations will be performed by Maximus DLH, and the contractor will contact them to schedule their re-examinations. For those Soldiers living in the Southern and Western Regions, your cases will be assigned to an MTF.

**10. Question: Who can furnish advice and assistance when I report to my examination?**

**Answer:** Each MTF has on its staff a Physical Evaluation Board Liaison Officer (PEBLO). The PEBLO's job is to offer counseling and provide assistance to Veterans as appropriate. You are encouraged to take advantage of the services provided by the PEBLO. If your re-examination is being done by Maximus DLH Solutions, the physician's office/medical facility will be expecting

you and is prepared to assist you. Your Veterans Evaluation Liaison Officer (VELO), with duties similar to a PEBLO, may also be contacted for assistance.

**11. Question: What do I have to bring to my TDRL re-examination?**

**Answer:** You must bring copies of all medical records (civilian, Department of Veterans Affairs, military records, medication/pharmacy records) documenting all treatment you have received since placement on the TDRL or since the last TDRL re-evaluation, whichever is more recent. Your records will be reviewed by the physician who examines you, and will be included in the medical documents forwarded to the PEB. Failure to follow these directions can adversely affect your case and is grounds for suspending your disability payments.

**12. Question: Can I expect to complete my examination in one day?**

**Answer:** Normally yes. You will probably be examined on an outpatient basis. However, occasionally, the nature of the examination and tests required may take more than one day, so be prepared to stay overnight or attend multiple appointments. Appointments are based on availability at the hospital. In some cases the MTFs may be able to conduct tele-medicine appointments over the phone with a physician. If the MTF is able to complete your exam via tele-medicine, no travel will be required. Your PEBLO or VELO will be able to provide you the details regarding your appointments.

**13. Question: What if I fail to report for a scheduled examination?**

**Answer:** The law specifies that your entitlement to receive Army retired pay will be suspended if you fail to report for a physical examination without showing just cause. Once suspended, your entitlements are not reinstated until you undergo an examination. You must promptly notify your PEBLO or VELO at the MTF or office where your appointments are scheduled if you are unable to attend. Repeated failure to report for examinations may result in suspension of retired pay or administrative removal from the TDRL on the fifth anniversary of placement without entitlement to any of the benefits resulting from disability separation or retirement.

**14. Question: How will my examination be handled if I am living outside of the Continental United States (CONUS)?**

**Answer:** If you reside in an overseas area (Europe or the Far East, for example), arrangements for your examination at the closest MTF will be made by the overseas MTF Commander. If you live in Hawaii or Alaska, you will be examined at the military installation MTF in those states.

**15. Question: Am I required to report for re-examinations if I am attending school or have a job?**

**Answer:** Yes. You must report for your examinations even if they interfere with your job or school enrollment. In this situation, the USAPDA will furnish a statement, upon request, explaining the legal requirement for your absence to undergo a physical examination, which you can present to your employer or school officials.

**16. Question: If a TDRL Soldier is imprisoned by civil authorities, is he/she still required to undergo a re-examination? If so, who will conduct the exam?**

**Answer:** Yes, the USAPDA will assign the Soldier's case to the closest MTF. The MTF will request from the confinement facility to have the Soldier medically examined and to provide a report of the Soldier's current state. If they are unable to obtain a report or get the Soldier examined, the MTF will notify the USAPDA immediately.

**17. Question: What if I am physically incapable of traveling to the hospital by myself?**

**Answer:** If medically required, a relative or friend can accompany you to a re-examination as a non-medical attendant. The attendant will be issued Department of the Army Invitational Travel Orders (ITO) for their trip and can be reimbursed for authorized expenses through the Defense Travel System (DTS). Requests must be made in advance with accompanying medical documentation citing the need for a non-medical attendant, and signed by the examining physician.

**18. Question: Will I be paid for my personal expenses incurred while traveling to the MTF for my examination, and what if I do not have sufficient money to make the trip?**

**Answer:** Yes you will be reimbursed. Reimbursement is determined in accordance with the Joint Travel Regulation (JTR). All TDRL travel will be processed using the Defense Travel System (DTS). If air or ground travel is required, travel arrangements must be made through the military Commercial Travel Office (CTO) by your assigned PEBLO/VELO prior to your travel. Rental cars must also be reserved through the CTO. If your trip is greater than 12 hours in duration, you are also authorized meal reimbursement. If you do not have sufficient money to make the trip, you may request a travel advance by contacting your PEBLO/VELO for assistance. You should do so at least 10 days prior to your travel, and you must have a bank account in order for funds to be posted. You will be required to complete and submit to your PEBLO/VELO an Electronic Funds Transfer (EFT) form before your travel can be approved. Your PEBLO/VELO will also assist you with completing your form for reimbursement (DD form 1351-2) of authorized expenses. You must attach receipts for any expense over \$75.00. Mandatory receipts regardless of cost that must be included with your voucher are zero balance lodging receipts and rental car receipts. It is strongly encouraged that you discuss your travel arrangements with your PEBLO/VELO prior to travel to the MTF to ensure that you are clear on your entitlements. The same rules apply for travel to a formal PEB if required.

**19. Question: What will happen when my medical condition has stabilized?**

**Answer:** Depending on the PEB's recommendation after your medical exam is received, you will either be (a) permanently retired if your combined disability is rated at 30 percent or more or you have 20 years of active duty (b) you may be separated with severance pay if your combined disability is rated less than 30 percent and you have less than 20 years of service or (c) found physically fit for return to active duty (unless you have a newly obtained, non-service related disability which prevents your return).

**20. Question: How will the final determination be made in my case?**

**Answer:** The same procedure used when you were placed on the TDRL will be followed. A medical re-evaluation is completed and, after being reviewed by you, is forwarded to a PEB. If you have a current VA Rating and Compensation and Pension (C&P) Examination for your unstable condition(s) identified on your original DA 199 that occurred within 16 months of being placed on the TDRL, USAPDA may consider your information to be sufficient and will forward it to the PEB for adjudication. If there were any conditions determined to be stable at the time of your original placement on the TDRL, they will be carried forward on your new DA 199 along with the unstable conditions that will be reviewed by the PEB. The PEB has the final say on whether the information is sufficient and if they are able to adjudicate your case based on current VA Ratings. A PEBLO/VELO will be assigned to counsel you regarding the findings. The determination by the PEB is not final and may be reviewed by Headquarters, USAPDA. All medical evidence will be carefully evaluated to ensure that a just and accurate determination is made. To ensure that your interests are protected, you will be afforded the opportunity to appeal the PEB's findings along with legal representation (if desired) before your case is finalized.

**21. Question: Can my percentage of disability change while I am on TDRL?**

**Answer:** Your Army approved percentage of disability will remain the same as long as you are on the TDRL. Changes in the degree of severity of your disability will not affect your retired pay while you are on the TDRL. When your condition has stabilized, the final determination in your case may result in removal from the TDRL as discussed in Question 20.

**22. Question: What happens if I am found physically fit?**

**Answer:** a. Regular Army Officers and Warrant Officers will, subject to their consent, be called to active duty and reappointed to the active list in the regular grade held when placed on TDRL or the next higher grade, as determined appropriate. If the officer or warrant officer does not consent to be called to active duty, TDRL status and disability pay will cease as soon as possible.

b. Regular Army enlisted members will, subject to their consent, reenlist in the grade held on the day preceding the date placed on TDRL or in the next highest grade, as deemed appropriate. If the member does not consent to reenlistment, TDRL status and disability pay will cease as soon as possible.

c. Members of the Army Reserve or National Guard will, subject to their consent, be reappointed or reenlisted in the Army Reserve or National Guard in the grade held on the day preceding the date placed on TDRL, or in the next higher grade, as determined appropriate. This does not necessarily entail recall to active duty.

**23. Question: I am currently a TDRL member and will be permanently retired. Will I receive a new DD Form 214?**

**Answer:** No. The DD Form 214 is a record of release from active duty service and is only issued at time of separation from active duty. If you are a current TDRL member and were on active duty at the time of retirement, you should have received a DD Form 214. Once your required TDRL re-examination is completed and the PEB recommends a permanent retirement, you will receive orders removing you from the TDRL and placing you in a permanent retirement status. You will not receive a new DD Form 214.

**24. Question: Who should I contact if I have questions about my physical examinations or other matters pertaining to my status on the TDRL?**

**Answer:** You can contact your PEBLO at the MTF where your examination is to be conducted. If your examination is being conducted by Maximus DLH Solutions, you may contact them at 1-844-261-3297 or by mail at 4601 Forbes Blvd, Suite 120, Lanham, MD 20706. Additionally, you may contact the USAPDA TDRL Branch at 1-855-863-0426 or email at [usarmy.pentagon.hrc.mbx.usapda-tdrl@mail.com](mailto:usarmy.pentagon.hrc.mbx.usapda-tdrl@mail.com).

**25. Question: What if I do not receive my monthly Army retired paycheck or have other problems concerning my pay?**

**Answer:** Contact the Defense Finance & Accounting Service (DFAS) at Military Retired Pay, P.O. Box 7130, London, KY 40742-7130 or 1-800-321-1080.

*The above information is provided as a brief summary of commonly asked questions by current TDRL members and Soldiers entering the Physical Disability Evaluation System (PDES). You should attempt to educate yourself with the help of the PEBLOs/VELOs as your primary resource.*

**Suggested Web sites and References:**

**PDA Website**

<https://www.hrc.army.mil/site/active/tagd/pda/pdapage.htm>

**MEDCOM PAD**

<https://www.us.army.mil.suite/page/419354>

**My Army Benefits**

<http://myarmybenefits.us.army.mil/home.html>

**Wounded, Ill, and Injured Compensation & Benefits Handbook**

<http://warriorcare.dodlive.mil>

**Transition Assistance Program**

<https://www.dodtap.mil>

**eBenefits**

<https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal>

**VetSuccess**

<http://www.disability.gov/resource/vetsuccess-gov/>

**Army Board Corrections of Military Records (ABCMR)**

[www.arba.army.pentagon.mil/](http://www.arba.army.pentagon.mil/)

**Hotline Numbers**

National Suicide Prevention – 1-800-273-8255

**National Caregiver Support Line**

Monday – Friday, 8 a.m. to 11 p.m. (EST)

Saturday 10:30 a.m. to 6 p.m. (EST)

Toll Free: 1-855-260-3274

Website: Caregiver.VA.gov