



SECRETARY OF WAR
1000 DEFENSE PENTAGON
WASHINGTON, DC 20301-1000

JUL 15 2026

MEMORANDUM FOR SENIOR PENTAGON LEADERSHIP
COMMANDER OF THE COMBATANT COMMANDS
DEFENSE AGENCY AND DOW FIELD ACTIVITY DIRECTORS

SUBJECT: Health and Human Performance Optimization to Enhance Military Readiness

Effective immediately, all Active Duty and Reserve Component personnel aged thirty and older will be screened for testosterone deficiency as a mandatory element of their Periodic Health Assessment (PHA). Service members under the age of thirty may also request this screening during their PHA.

This enhanced screening protocol directly supports the Department's focus on Human Performance Optimization while comprehensively addressing Operator Syndrome. Originally identified among Special Forces in 2020 through collaborative research between the Department of War (DoW) and leading academic institutions, Operator Syndrome represents a unique convergence of health challenges that require proactive clinical intervention. Additionally, applying lessons learned from treating Operator Syndrome across the Total Force including targeted testosterone therapy directly optimizes Warfighter readiness.

By August 15, 2026, the Under Secretary of War for Personnel and Readiness (USW(P&R)) shall update policy to reflect this new requirement, including DoD Instruction 6200.06, "Periodic Health Assessment (PHA) Program," September 8, 2016, as amended. The Military Departments and the Defense Health Agency will update subordinate instructions, align internal procedures, and emphasize implementation through comprehensive education for medical personnel and all Service members.

The Assistant Secretary of War for Health Affairs will ensure that testing is available across the Military Health System, promulgate additional implementing guidance and clinical decision support. An advisory council with external experts will be established to guide the DoW on Health and Human Performance Optimization.



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