HIMS PROGRAM PHASES

HIMS Evaluation	Initial Phase-1			
HIMS psychiatrist/addictions specialist	One visit at end of year 1			·
Aftercare	WEEKLY	Early Phase-2		
Peer pilot assessment	MONTHLY	MONTHLY		
Chief pilot/manage- ment assessment	MONTHLY	MONTHLY	Advanced Phase-3	
Attendance at peer addiction support group (AA, NA, etc.)	TWICE WEEKLY	TWICE WEEKLY	WEEKLY	
Random testing	14 screens in 12 mo's or Soberlink*	14 screens in 12 mo's or Soberlink*	4 PEth tests in 12 months	Maintenance Phase-
HIMS / ME of record	Every 3 mo's (half the visits may be virtual)	Every 3 mo's (half the visits may be virtual)	Every 6 months	HIMS AME of airman choice at each exam
	Year 1 beginning with Special Issuance*	Years 2-4	Years 5-7	Year 8+

^{*}Soberlink or similar portable, alcohol breath-monitoring system that has facial recognition and cellular transmission technology.