

## AIRMAN INFORMATION - HIMS STEP DOWN PLAN

(Updated 01/27/2021)

### IF YOU ARE AN AIRMAN:

- a. Continue to work with your sponsor/physician/therapist/support group and get/stay healthy.
- b. Do not fly in accordance with 14 CFR 61.53 if you relapse.
- c. Permanent abstinence from mind and mood altering substances is required for the duration of the flying career.
- d. Work with your HIMS AME to obtain any necessary evaluations and documentation.
- e. When submitting information: Coordinate with your AME to ensure ALL ITEMS are COMPLETE. Incomplete packages will cause a DELAY IN CERTIFICATION.

When you have passed the required minimum time AND your HIMS AME recommends you are ready to have a decrease in monitoring requirements, they will submit a report verifying this information. The FAA makes the determination if you meet requirements to reduce monitoring requirements.

- Examples of MINIMUM required items and testing are listed in the [HIMS Step Down Plan illustration](#).
- You may require additional monitoring or testing based on your recovery.
- You may need to repeat a phase based on your recovery.
- Your HIMS AME is NOT Authorized to make changes.
- If and when appropriate, you will receive an updated Special Issuance letter with updated Special Issuance requirements.