

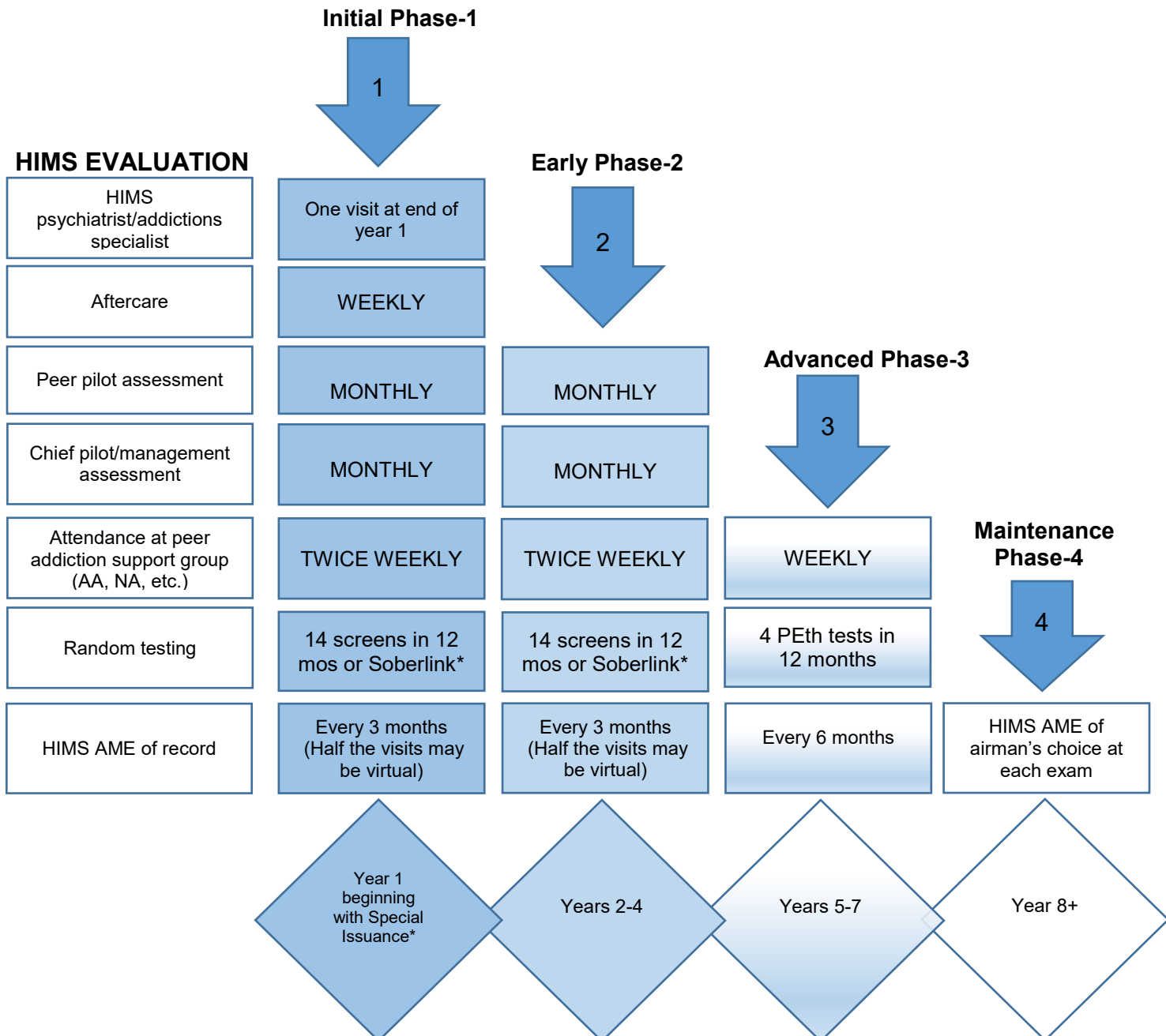
HIMS AME INFORMATION – HIMS STEP DOWN PLAN (Updated 09/29/2021)

Note that the time course listed is nominal and indicates usual, uncomplicated progression of recovery but may be modified on a case-by-case basis.

- Not all airmen will progress at the same rate.
- Progression is NOT guaranteed.
- An airman’s progression is based on compliance, his or her individual evaluation by HIMS professionals, and FAA review.

Permanent abstinence from mind and mood altering substances is required for the duration of the flying career.

The testing frequencies listed are minimums and may be increased at the discretion of the HIMS AME. AMEs should recommend a change in testing/evaluations when clinically appropriate and after the minimum time has passed in each stage.



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