Colonel Rich Wood began his military career in 1993 as a combat medic and completed his enlistment as a staff sergeant. In 2000, he attended the University of Tampa as an active-duty Green to Gold ROTC Scholarship Program cadet and graduated in 2002 with a Bachelor of Arts in Psychology. He received the Outstanding Senior Award from the University of Tampa Alumni Association, earned the Distinguished Military Graduate distinction, and was commissioned into the Medical Service Corps. COL Wood holds a Master of Science in National Resource Strategy from the National Defense University, a Master of Science in Disaster Relief Logistics from the Florida Institute of Technology (FIT), and a Master of Arts in Leadership and Management from Webster University.

Colonel Wood served in various duty positions and assignments throughout his career. At Fort Campbell, Kentucky, he served as Medical Platoon Leader and later Executive Officer for Headquarters and Headquarters Company (HHC), 1-502d Infantry Battalion (OIF I). At Fort Bragg, North Carolina, he served as Aide-de-Camp (OIF 04-06) and later G4 Chief of Logistics for HHC, 44th Medical Command; S4 and Medical Supply Officer for the 28th Combat Support Hospital (OIF 06-08); Commander, Alpha Company, 32d Medical Logistics Battalion (OIF 06-08); and Commander, 51st Medical Logistics Company. At Silver Spring, Maryland, he served as HHC Commander and Chief of Supply Operations for the Walter Reed Army Institute of Research. At Nairobi, Kenya, he served as Chief of Staff for the US Army Medical Research Unit-Kenya. In South Korea, he served as Deputy Commander for Operations for the US Army Medical Materiel Center-Korea at Camp Carroll and later at Yongsan as S4/Chief of Logistics for the 65th Medical Brigade/Medical Department Activity-Korea. At Fort Hood, Texas, he served as Executive Officer for the 1st Medical Brigade and Deputy Commander for Operations for Task Force 1st MED at Qatar (OSS 18). At the Pentagon, Virginia, he served on the Joint Staff as Chief of Operations and Logistics, Office of the Joint Staff Surgeon. Most recently, he served as Commander of the 168th Multi-functional Medical Battalion at Camp Walker, Daegu, South Korea.

Colonel Wood's military schools include the following: The Eisenhower School for National Security and Resource Strategy, Defense Strategy Course, Joint Medical Executive Skills-Capstone, Joint Senior Medical Leader Course, AMEDD Iron Major Week Course, Command and General Staff Officer Course, Theater Logistics/FIT Masters Studies Program, Joint Logistics Course, Capabilities Development Course, Support Operations Course, Operational Contract Support Course, Medical Service Corps Company Grade Leader Development Course, Hospital Medical Logistics Course, Intermediate Medical Acquisition Course, Health Service Materiel Officer Course (Distinguished Honor Graduate), Captains Career Course, AMEDD Officer Basic Course (Commandant's List), Antiterrorism Officer Basic Course, Advanced Leader Course, Basic Leader Course, Modern Army Combatives Course, Airborne School, and Air Assault School (Distinguished Honor Graduate).

Colonel Wood's military awards and decorations include the following: Bronze Star Medal, Defense Meritorious Service Medal, Meritorious Service Medal (7 OLC), Joint Service Commendation Medal, Army Commendation Medal (6 OLC), Army Achievement Medal (3 OLC), Joint Meritorious Unit Award (1 OLC), Meritorious Unit Commendation (3 OLC), Army Superior Unit Award, Army Good Conduct Medal (2 Knots), National Defense Service Medal (1 BSS), Iraqi Campaign Medal (5 BSS), Global War On Terrorism Expeditionary Medal, Global War On Terrorism Service Medal, Korean Defense Service Medal, Armed Forces Service Medal, Humanitarian Service Medal, Military Outstanding Volunteer Service Medal, NCO Professional Development Ribbon (2), Army Service Ribbon, Overseas Service Ribbon (10), Joint Chiefs of Staff ID Badge, Combat Medical Badge, Expert Field Medical Badge, Parachutist Badge, Air Assault Badge, Driver Badge, German Armed Forces Troop Duty Proficiency Badge (Gold), the German Armed Forces Marksmanship Badge (Bronze), "A" Proficiency Designator, Order of Military Medical Merit, General Douglas MacArthur Leadership Award, and the General George C. Marshall Leadership Award.