

Complete the Health and Wellness Questionnaire

Complete all 6 sections of the Health Assessment at least 24 hours prior to your appointment. Arrive 20 minutes early if you did not complete it. **No children under age 15 are allowed with you in the appointment.**

CAC Access:

Please log in or create an account at <https://awc.army.mil>

Non-CAC Holders:

A paper version of the Health Assessment is available at the front desk.

Bod Pod Guidelines

Clothing: No jewelry.

Males: Form fitting Speedo® or other Lycra®/spandex type swimsuit; or single layer compression shorts (only shorts without padding).

Females: Form fitting Speedo® or other Lycra®/spandex type swim suit; or single layer compression shorts (only shorts without padding) and single-layer (not padded, no underwire) sports bra.



Fasting:

- No food, drink or water for 2 hours prior to the test.
- No physical activity for 2 hours prior to the test and minimal physical activity the day of the test.

Metabolic and Fitness Testing Guidelines

Clothing: No make-up, sunscreens or lotions applied on the face.

Metabolic Testing: ACU's, PT's or normal civilian attire

Fitness Testing: PT's or athletic attire (closed-toe shoes but no boots)

*** A medical clearance may be required to participate in Fitness Testing ***

Fasting for Metabolic and Fitness Testing:

- NO food (including gum, candy, mints), drink, **tobacco, caffeine**, or over-the-counter medications (including vitamins and supplements) for 5 hours prior to the test. Water is allowed.
- Prescription medications should be taken as prescribed.
- No moderate physical activity (i.e., jogging, light biking, brisk walking) for 5 hours prior to the test and
- No vigorous aerobic and/or resistance exercise for 14 hours prior to the test (i.e., running, weight lifting).
- Hydrate well the days prior to appointment.

*** Failure to abide by assessment guidelines will lead to inaccurate test results and rescheduling. ***

For more information on your Army Wellness Center appointment, visit us or call 808-655-1866.