

## **Army Wellness Center Success Stories**

---

1. 62% of all Army Wellness Center (AWC) clients (60% for Active Duty, 64% for Family Members, and 70% for Retirees) who made a follow-up visit had a decrease in body-mass index (BMI) on average of a 4% decrease.
2. 60% of all AWC clients who made a follow-up visit had an increase in maximum oxygen volume levels (VO2max) on average of a 15% increase.
3. Army Wellness Centers are currently located on 23 installations and expanding to 37 by FY18 and have the capabilities to do individualized testing, education, biofeedback and assessments to all Soldiers, Families, Retirees and Civilians with a current satisfaction rate at 97% and a no-show rate of 6.3%.
4. Army Wellness Centers provide integrated and standardized primary prevention programs (integrated with Patient Centered Medical Home & Soldier Centered Medical Home) and services that promote enhanced and sustained healthy lifestyles to improve the overall well-being of Soldiers and Family Members. The individualized assessments would run about \$3000 at a fitness center or civilian provider, so these services are well received and meeting a critical demand.
5. Metabolic testing (i.e. indirect calorimetry) takes only 15 minutes with wellness coaching sessions that last 30-55 minutes and is the #1 service to lower body mass index. Maximum oxygen volume (VO2max) is included as part of a full fitness evaluation and a typical session lasts between 60-90 minutes. Results of VO2max include a comprehensive exercise prescription that is individualized for client needs and goals. BOD POD takes about 10 minutes and is excellent for monitoring changes in body composition and included in weight loss visits. Biofeedback is utilized for stress reduction and typical session is 30 minutes. These individualized assessments demonstrate how a little effort can empower you to take a path to a healthy life immediately.