

SPOUSE STEPS TO OBTAINING AN APFRI ASSESSMENT

SPOUSE ASSESSMENTS ARE ON A SPACE AVAILABLE BASIS

After attending an APFRI Brief

- Fill out data sheet (obtained at the brief) and return to Jan Hollis at Eisenhower Hall Room 162. You may also scan/email the data sheet to janice.hollis@us.army.mil. Jan will enter the information in the APFRI data base

- Within 48 hours you will receive an invitation from CARL_ATWC-DPF-CGSC@conus.army.mil
Subject: Invitation: APFRI Executive Wellness Program

- Log in to the website embedded in the invitation with your last name and last six of your SSN/FIDN (Foreign ID Number). The link is: <https://apfri.carlisle.army.mil/registration/login.cfm>

- When you log in to the website click on the Executive Wellness Program tab and complete the following under Health and Fitness Assessment Menu:
 - Personal Profile
 - Privacy Act Statement
 - Volunteer Agreement Affidavit (Informed Consent)
 - General Health Assessment Survey
 - Physical Activity Readiness Questionnaire
 - General Exercise Survey
 - Nutrition Survey
 - Center for Epidemiological Studies Questionnaire (CESD)
 - Self-Evaluation Questionnaire #1(STAXI)
 - Self-Evaluation Questionnaire #2(STAI)

Once completed there will be a green check mark (✓) next to the survey.

- Once you have completed the surveys, please go to the lab at Munson Hospital to do your blood work. We will order the blood work for you. Please fast for 12 hours prior to the lab draw and don't forget to take your ID card. You do not need an appointment. The lab opens M-F at 0730-1630. The lab is **closed on the second Wednesday morning of the month for training**. If you are not registered at Munson please let me know. They will not see you at Munson if you are not registered.

- After you have completed your online surveys and the blood work, please call Jan Hollis @913-758-3439 for an appointment for the health assessment. You may also email her at janice.hollis@us.army.mil.

- Within 48 hours of booking your appointment, you will receive a confirmation letter from Jan Hollis with your appointment date and time, location of the Army Physical Fitness Research Institute and other instructions including what to wear on the day of the assessment (**attached**). **READ ALL INSTRUCTIONS CAREFULLY!**

NOTE: If you need to cancel your appointment, please call Jan Hollis @913-758-3439. Due to the large volume of requests for a health assessment, if you cancel, your name will go to the bottom of the rescheduling list so please try to keep your original appointment.

NOTE: PREGNANT FEMALES MAY NOT PARTICIPATE IN THE APFRI HEALTH ASSESSMENT UNTIL SIX WEEKS POST PARTUM. IF YOU ARE PREGNANT PLEASE LET US KNOW BEFORE SCHEDULING AN APPOINTMENT.

NOTE: WE DO NOT PROVIDE CHILDCARE