



OFFICE OF THE SECRETARY OF DEFENSE  
1550 CRYSTAL DRIVE, SUITE 1003  
ARLINGTON, VA 22202-1155

February 12, 2010

MEMORANDUM FOR APEX 30 PARTICIPANTS

SUBJECT: Voluntary Personal Wellness Profile Opportunity

In support of the Deputy Secretary of Defense's wellness initiative outlined in "Department of Defense Wellness, Satisfaction, and Engagement Initiative," dated January 4, 2010, the Program Executive Office, Executive Lifecycle Management in collaboration with the DiLorenzo TRICARE Health Clinic is offering a voluntary Personal Wellness Profile to all APEX 30 SES participants. This valuable assessment is an enhancement to our Health and Wellness portion of the APEX program and will provide you with an individual health risk and overall wellness profile. We encourage your participation as this assessment will provide you with valuable information about your personal health and wellness and offer recommendations to aid in planning your individual wellness program.

We will be mailing to you a Personal Wellness Profile Questionnaire to complete and bring with you to the APEX commencement session on March 7, 2010. Those interested in participating should arrive around 12:00 noon to provide ample time to draw blood (prick of a finger) and complete health screening (blood pressure etc.).

The results of your Personal Wellness Profile report are confidential and can be discussed with the healthcare staff should you have any specific questions. You can use your profile data to enhance your learning during the Health and Wellness Session scheduled on March 9, 2010. Please inform Mr. Jeffrey DePeiza by close of business February 25, 2010, of your intent to participate.

If you have questions or need additional information, please contact Mr. Jeffrey DePeiza, Director for Development and Sustainment, 703-607-0414, or via e-mail at [Jeffrey.depeiza@osd.mil](mailto:Jeffrey.depeiza@osd.mil).

A handwritten signature in red ink, reading "Ariane L. Whittemore", is positioned above the typed name.

Ariane L. Whittemore, SES  
Program Executive Officer  
Executive Lifecycle Management