



DEPARTMENT OF DEFENSE  
DiLorenzo TRICARE Health Clinic  
5801 Army Pentagon  
Washington, DC 20310-5801

MCHL-WP

15 July 2010

1. Thank you for your expressed interest in the Fit To Win/Wellness Program. Fit To Win is the Army's worksite wellness program. Our mission is to enhance military readiness and civilian wellness through fitness, nutrition, and health education. We achieve this mission through clinical screenings, education, physiological testing, and exercise programming designed to modify unhealthy lifestyle risks and improve healthy ones.
2. In order to better serve our customer's needs we ask that each individual complete a Personal Wellness Profile (PWP). The PWP is a comprehensive assessment that provides us with valuable information on your overall wellness rating, current fitness level, and personal heart health. As part of the PWP process we conduct cholesterol and blood pressure screenings that add valuable information on your cardiovascular disease risk. On Sunday September 12th we are offering this screening to you. Each individual will be given a cholesterol and blood pressure test, which will take approximately 10 minutes to complete. Fasting for the cholesterol test is not required.
3. The results of these tests will be added to your PWP profile report. Your results are treated as Personal Health Information and are confidential. Fit To Win adheres to all HIPAA regulations. You will be briefed on your overall PWP results on Tuesday September 14th, and learn more about our program. We greatly appreciate the opportunity to work with you and look forward to seeing you on September 12th.
4. The POC for this action is David Holes. Please feel free to contact him at 703-692-8898 if you have any questions or concerns.

A handwritten signature in cursive script, appearing to read "Mark Jacobs", is positioned above the typed name.

Mark Jacobs  
Chief, Fit To Win/Wellness  
DiLorenzo TRICARE Health Clinic