



OFFICE OF THE SECRETARY OF DEFENSE
1000 DEFENSE PENTAGON
WASHINGTON, DC 20301-1000

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Greetings

In support of the Deputy Secretary of Defense's wellness initiative outlined in "DoD Wellness, Satisfaction, and Engagement Initiative," dated January 4, 2010, the Program Executive Office, Executive Lifecycle Management (PEO) in collaboration with the DiLorenzo TRICARE Health Clinic is offering a voluntary Personal Wellness Profile to all APEX 31 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 September 12, 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 is 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 September 14, 2010.

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

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

