



**Prior to coming into the Army Wellness Center for your scheduled appointment, please follow the steps below for the Health and Wellness Tracker (HWT):**

1. Go to <https://www.awc.army.mil>
2. Log in with your CAC
3. Under "My Health Assessment Reviews" click "View or add a new health assessment review"
4. Click "Begin new health assessment"
5. Complete Health Assessment

### **Instructions for**

#### **Resting Metabolic Rate (RMR) and BOD POD Testing:**

- ◆ No food (including gum, candy, mints), drink (except water), tobacco, caffeine, or over-the-counter medications (including vitamins and supplements) for **5 hours** prior to the combined RMR and BOD POD appointment (*If the appointment is just for the BOD POD, only a **2 - hour** fasting period is required*). Prescription medications should be taken as prescribed.
- ◆ Subjects will be wearing minimal clothing for the body composition test (BOD POD). Men need to wear spandex (Under Armour/Lycra material); women should wear a swimsuit or spandex with sports bra.
- ◆ No physical activity (i.e. running, biking, exercising, brisk walking) for **2 hours** prior to the BOD POD test and no vigorous physical **14 hours** prior to the RMR test whether separate or combined.
- ◆ *If these pre-requisites are not met, inaccurate test results will result. Therefore, appointments will be rescheduled for those not able to comply with the preparation guidelines above.*