

# Pre-Assessment Text:

Your Senior Leader Assessment will be conducted in BLDG 11293 East Wing, 1st floor, room 920. The assessment will take approximately 2 hours to complete. Please arrive 10 minutes prior to your scheduled appointment time. You must notify the SLS staff of any changes resulting in being unable to attend your appointment as soon as possible. We have a changing room for your convenience if you would like to change your clothes after your appointment.

The required uniform for the assessment will be the summer physical fitness uniform IAW for your branch of service (shorts and short sleeve shirt).

Follow the instructions below to prepare for your successful assessment:

1. Fill out SLS Survey.
2. Save the survey in the following format:
  - a. Last Name, First Initial \_SLS Number and email it to the SLS staff inbox at [usarmy.bliss.medcom-wbamc.mbx.senior-leader-sustainment@mail.mil](mailto:usarmy.bliss.medcom-wbamc.mbx.senior-leader-sustainment@mail.mil)
3. Get your labs drawn. Labs Required for the SLS Assessment ( you need to fast for 8 hours)
  - a. Complete Blood Count with differential
  - b. Renal panel
  - c. Lipid panel
  - d. Vitamin D
  - e. TSH
  - f. Hemoglobin A1C
  - g. Liver panel
  - h. UA
  - i. Your labs have already been ordered and can be drawn at the Hugo V. Mendoza Soldier Family Care Center located at 11335 SSG Sims Street. This is done on a walk-in basis, you do not need an appointment. The hours of operation are Monday through Friday 0700 – 1630 and the phone number is (915)742-4300.
4. Survey and Labs must be completed/submitted at least 1 week prior to your appointment. Failure to meet this deadline will result in rescheduling your appointment and notifying Academy Leadership.