



DEPARTMENT OF THE ARMY  
SENIOR LEADER SUSTAINMENT  
NCO LEADERSHIP CENTER OF EXCELLENCE  
UNITED STATES ARMY SERGEANTS MAJOR ACADEMY  
11291 SGT E. CHURCHILL STREET  
EL PASO, TEXAS 79920

13 August, 2019

SUBJECT: Welcome Letter to Class 71 students for the Senior Leader Sustainment Assessment

Dear NCOL CoE and USASMA Class 71 student

We, the Senior Leader Sustainment (SLS) team, would like to welcome you to the Sergeants Major Course. This is an exciting time for you with further leadership development and educational opportunities as you continue to progress in your career. One such opportunity that will benefit you while you are here is our innovative health and wellness program. SLS is a Chief of Staff of the Army initiative designed to address your unique health care needs while enhancing your performance as a leader in order to meet the number one priority of readiness. You will have the opportunity to participate in this integrative comprehensive assessment while at the NCO Leadership Center of Excellence and United States Army Sergeants Major Academy (USASMA).

The SLS team is comprised of an experienced multi-disciplinary staff which includes credentialed medical providers and professional fitness experts committed to improving your overall health and fitness. Our end-state is to guide you as a senior leader towards healthier lifestyles that help you reach fitness goals and behaviors that promote health, optimal performance, and adaptation to the demands of the Army. This will enable you to function at your very best while serving as 'Ambassadors of Health' for the units you lead. The program's holistic approach synergizes the physical, cognitive, and nutritional areas of wellness; components integral to leader development and serving as a catalyst for enhanced military readiness across the Army.

Since your availability will be limited due to the Sergeants Major Course attendance requirements, we will be scheduling times for the assessments outside your class schedules to better serve you. Instructions on how the process works is included in with the attachment highlighting the lab work and surveys that are part of the assessment. All tasks need to be completed **NLT 1 week prior to your appointment.**

Key tasks include:

- (1) Complete lab draws at Hugo V. Mendoza Family Care Center
- (2) Complete fillable PDF comprehensive health assessment survey and return as directed.

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(3) Complete Spiritual Fitness Inventory (SFI) and email it directly to CH (MAJ) Brown at Deborah.a.brown186.mil@mail.mil to ensure chaplain confidentiality.

Please complete the SLS and SFI survey honestly and fully before returning. All information obtained will be kept strictly confidential per military regulations, the Health Insurance Portability and Accountability Act, and the Privacy Act.

Your overall time commitment to the in-person assessment will be approximately two and a half hours. Your assessment will occur at the SLS Center Rm 920 and culminate with an extensive out-brief of your results. A personalized intervention plan will be developed based on those results which will be tailored to your specific needs and expressed goals. Elements of this plan may include; physical fitness interventions, medical referrals, cognition/resilience, and nutritional well-being. Again, welcome to the Academy and best of luck to you during this school year. We look forward to seeing your achievements with an optimized state of health and well-being.

Sincerely,



Keith M. Collinsworth  
Major, U.S. Army  
Interim Program Director  
Senior Leader Sustainment

Encl  
1. APPENDIX A