



SENIOR LEADER SUSTAINMENT
WILLIAM BEAUMONT ARMY MEDICAL CENTER
11293 SGT E. CHURCHILL ST
Fort Bliss, Texas 79918



MHMS-DCMSS-SLS

01 MAY 2023

Senior Leader Sustainment Welcome Letter

Dear NCOL CoE and Sergeants Major Academy students,

The Senior Leader Sustainment (SLS) team would like to welcome you to the Sergeants Major Academy. 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 be beneficiary 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 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 (NCOL CoE) and Sergeants Major Academy (SGM-A).

The SLS team is comprised of an experienced multi-disciplinary team which includes credentialed medical providers and professional fitness experts that are committed to improving your overall health and fitness. Our end goal 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. We strive to minimize disruption to course attendance and do our best to schedule assessments outside of class time. Instructions on how the process works can be found on the NCOL CoE website and will be covered during the in-processing briefing.

Typical initial assessment periods are from August through February. The SLS team will notify you via email with instructions on completing labs and comprehensive surveys. You will also receive a separate email notifying you of your scheduled appointment date and time. Please complete the SLS survey honestly and fully before returning. All information obtained will be kept strictly confidential per military regulations, HIPPA, and the Privacy Act of 1974. Failure to complete lab work or

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surveys seven days prior to your appointment will result in rescheduling your assessment to a future date.

The in-person assessment will take approximately two and a half hours to complete 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, cognitive/resilience, and nutritional well-being.

The SLS Center is located inside the Sergeants Major Academy. Please enter through Ultima Hall entrance across from Ultima Field and come to Rm 920.

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,

A handwritten signature in black ink, appearing to read 'EH', with a stylized flourish extending from the end.

ERIK HEITMAN, PT, DPT
CPT, SP
Director, Senior Leader Sustainment