

MCCS Health Promotion Wellness Request Form

Information

Full name, rank	
Phone	
Email	
Location (Base)	

Please select one that best applies

- | | | | |
|----------------------------------|---------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> AD USMC | <input type="checkbox"/> AD USN | <input type="checkbox"/> AD USAF | <input type="checkbox"/> AD Army |
| <input type="checkbox"/> DOD Civ | <input type="checkbox"/> MCCS | <input type="checkbox"/> SOFA | <input type="checkbox"/> IHA/MLC |

Available service (Please check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Body Fat % Assessment | <input type="checkbox"/> Return 2 Readiness class(es) |
| <input type="checkbox"/> Resting metabolic rating (RMR) | *Individual classes on nutrition, metabolism, exercise, stress management and Emotional eating |
| <input type="checkbox"/> Nutrition Counseling | |
| <input type="checkbox"/> Tobacco Cessation | <input type="checkbox"/> Inbody Result Counseling |

*Tobacco cessation and basic nutrition counseling depending on availability

Resting Metabolic Rate Testing Requirements:

- **No food** for AT LEAST 4 hours before your appointment (water is okay).
- **No exercise** the day of the test.
- **No stimulants**- caffeine, cold medication, tobacco, etc.

During the test, you will sit in a comfortable position and breathe into a mouthpiece. You will also have to wear a nose clip. The test takes 10-20 minutes.

Does your leadership need email confirmation of your appointment?

☐ Yes ☐ no

If yes, provide email:

Comments: