

MCCS Health Promotion Wellness Request Form

Information

Full name, rank	
Phone	
Email	
USMC Base Location	

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 (Inbody) | <input type="checkbox"/> Return 2 Readiness class(es) |
| <input type="checkbox"/> Nutrition Counseling | *Individual classes on nutrition, metabolism, exercise, stress management and Emotional eating (AD ONLY) |
| <input type="checkbox"/> Tobacco Cessation | |
| *Tobacco cessation and basic nutrition counseling depending on availability | |
| <input type="checkbox"/> Inbody Result Counseling | <input type="checkbox"/> Sleep Coaching |

BIA Testing Requirements:

1. **Avoid** eating 3 hours before testing. (undigested food may count as additional weight, negatively effecting test results)
2. **Avoid** any stimulants such as caffeine, alcohol, or tobacco 3 hours before testing. (stimulants will cause dehydration in the muscles, negatively effecting test results)
3. **Avoid** exercise 3 hours before testing. (exercise can change the composition in your body, negatively effecting test results)

Does your leadership need email confirmation of your appointment?

☐ Yes ☐ no

If yes, provide email:

Comments: