

**The Best  
Part...AWC  
Services Don't  
Cost You  
Anything!**

**Frequently Asked Questions:**

**Q: Do I need a referral to be seen in the Army Wellness Center:**

**A:** There are three ways to be seen in the Wellness Center:

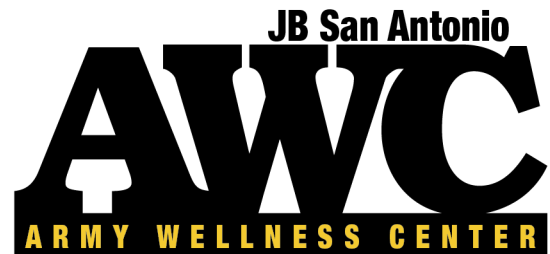
- Self-referral
- Referral by a healthcare provider
- Referral by your unit

**Q: Can family members and retirees be seen in the AWC?**

**A:** All Military Health System beneficiaries are eligible for AWC services.

**Q: What if I PCS?**

**A:** All visits are charted in your electronic health record and also in the AWC web-based system so your record will follow you and you can pick up where you left off with your wellness plan.



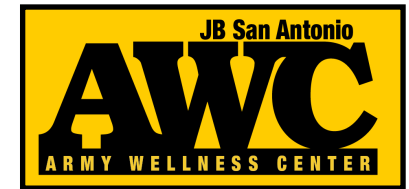
**ARMY MEDICINE...ARMY STRONG**



**Army Wellness Center**

**Located Inside the Vogel Resiliency Center**  
(next to the Post Office)  
2490 Stanley Road, Bldg 367  
Fort Sam Houston, JBSA TX 78234

Phone: 210-539-1254



**ACFT**

**Physical Readiness  
Exercise Program  
Series**



**Demos, training exercises,  
and programming break-down**



**Step 1:  
Initial Appointment**

***SELECT ONE***

***Take ACFT Optimization Class***

- 1 hour group class detailing power, strength, and endurance exercises for ACFT.
- Select one event to cover during ACFT P.R.E.P. appointment
- Selected ACFT movement handout given.



***Book Health Coaching Session***

- One-on-one appointment with health educator.
- Complete health assessment review and review ACFT goals.
- Select one event to cover during ACFT P.R.E.P. appointment
- Selected ACFT movement handout provided.



**Step 2:  
ACFT P.R.E.P. Appointment**



***ACFT Movement Demo***

- Demonstrate the movement through all phases from the handout that was provided to client at initial appointment.

***Review of training exercises for movement proficiency***

- Review Safety tips
- Demonstrate top 3 exercises
- Review top PRT drill
- Explain top stretches for selected event

***Break-down of exercise session programming***

- Education on how to construct your daily ACFT training sessions



**Step 3:  
Follow-up Appointment**

***Take your next step in the ACFT P.R.E.P series***

- Choose your next ACFT event for review
- Schedule a health coaching session to follow– up on current selected movement
- Track your progress
  - ⇒ Fitness Test
  - ⇒ BOD POD