



HOLISTIC HEALTH AND FITNESS: ROI UPDATE

U.S. ARMY CENTER FOR INITIAL MILITARY TRAINING

26 APR 2023

Soldiers in **H2F Embedded** units are **21% more likely*** to **believe** that the “**Army Cares**” about promoting mental, physical, spiritual, sleep, and nutritional wellness.

Soldiers who believe “Army Cares” are **more than twice as likely*** to **recommend Army service** to others and **15% more likely*** to plan on **serving until retirement**.

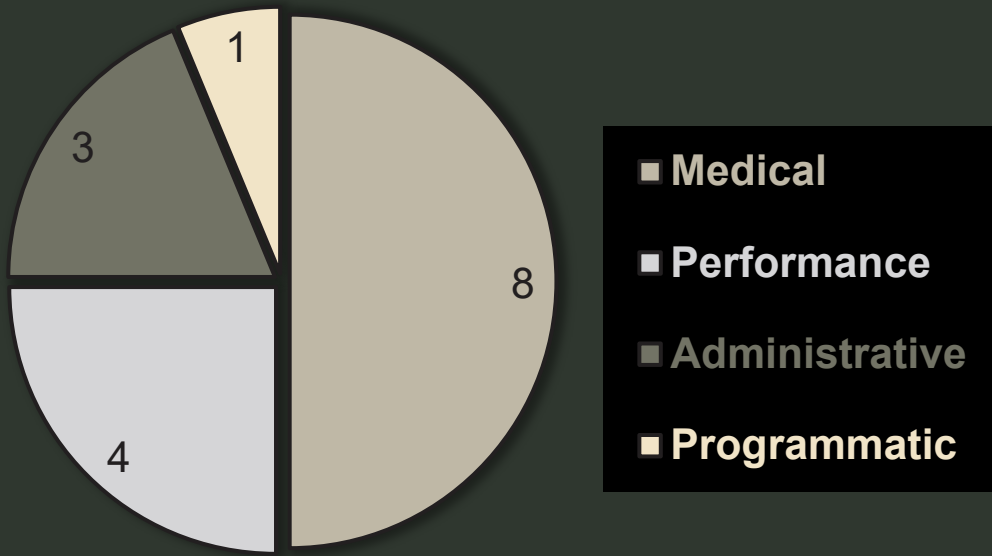
*All differences significant at $p < 0.001$

HOLISTIC HEALTH AND FITNESS

SCENE SETTING

DATA COLLECTION

Initial Metrics Previously Approved by ASLs



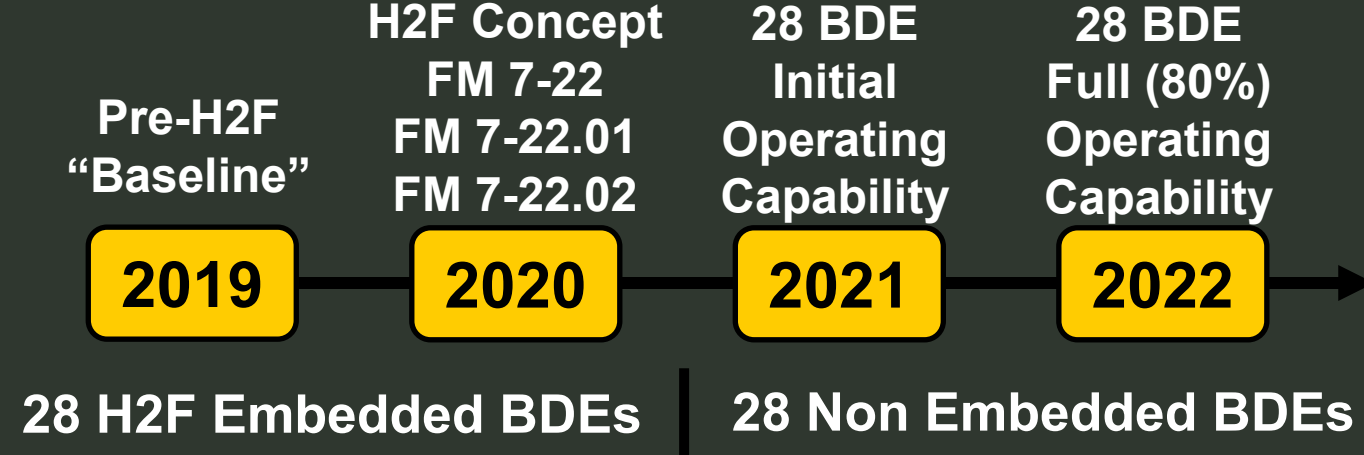
USARIEM Provided FY Data (2019-2022)

Pulled by BDE from Army Systems of Record
DTMS | ATRRS | MODS | EProfile
MHS | Event Reports

Soldier Readiness Surveys Conducted by CIMT
Data Analyzed & Visualized by CIMT



METHODOLOGY

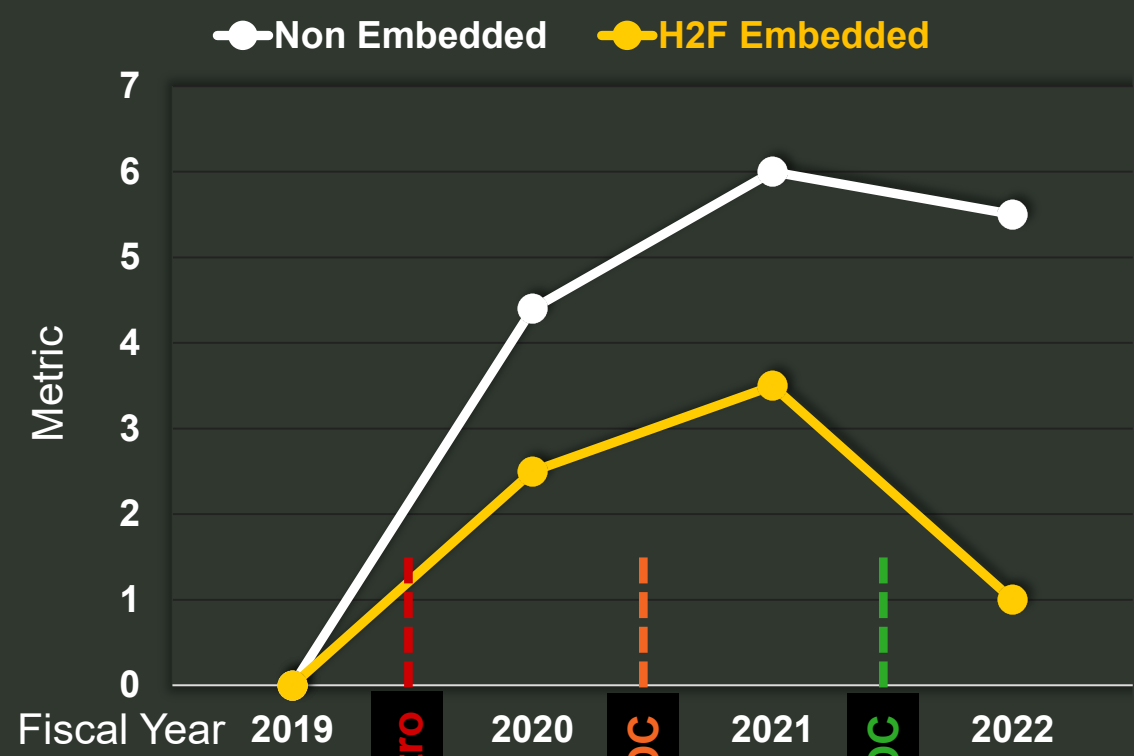


DATA VISUALIZATIONS

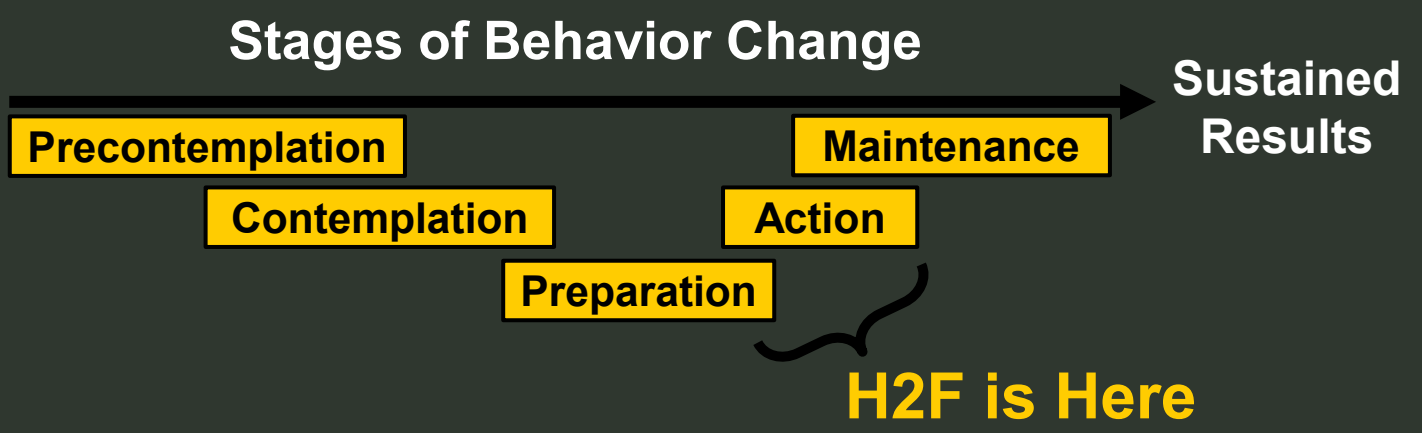
Quantitative Depiction of Group Trends Over Time
FY2019 Marked "0" for X-axis
Pre vs Post H2F Resourcing
Enables Between Group vs Own Baseline

QUANTITATIVE METRIC

Readable Summary Statement on Results



- Difference From Baseline: **Current FY minus 2019**
- Accumulation: **Sum of Differences Across FY - 2019**
- % Change From Baseline: **$((\text{Current FY} - 2019) / 2019) * 100$**
- % Change Year over Year: **$((\text{Current FY} - \text{Prior FY}) / \text{Prior FY}) * 100$**



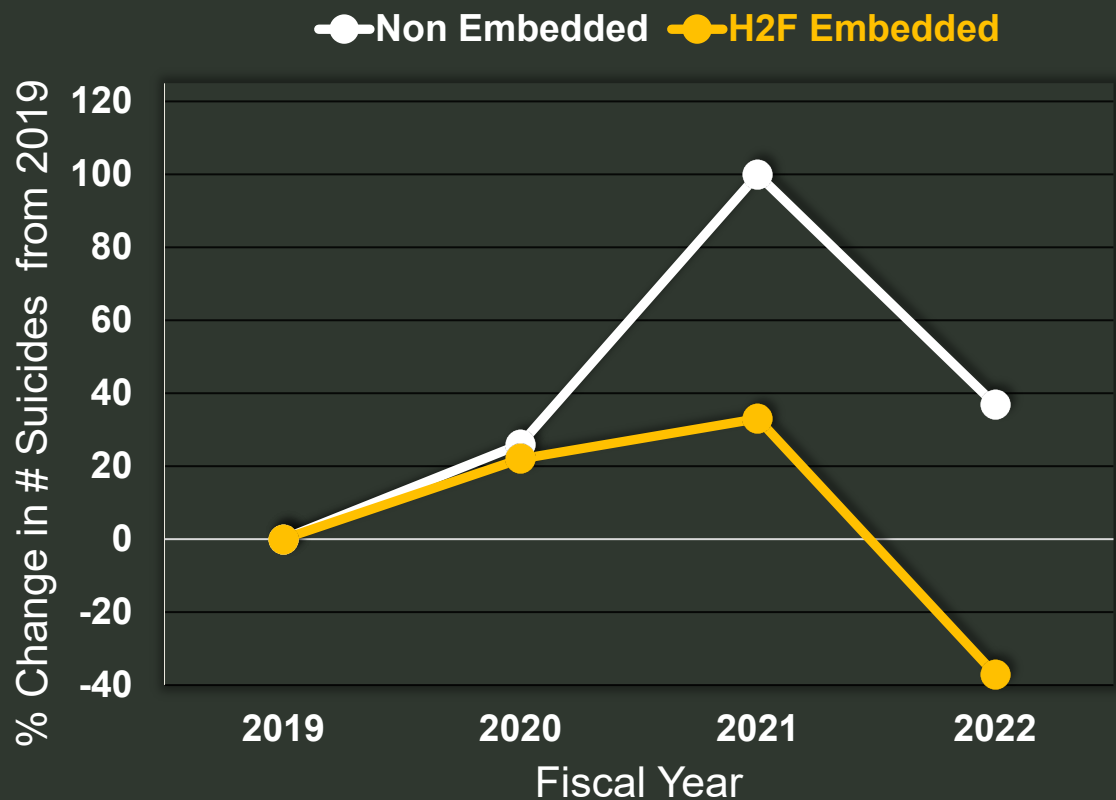
Statement of Impact
Survey Results

HOLISTIC HEALTH AND FITNESS

REDUCING HARMFUL BEHAVIORS

SUICIDES

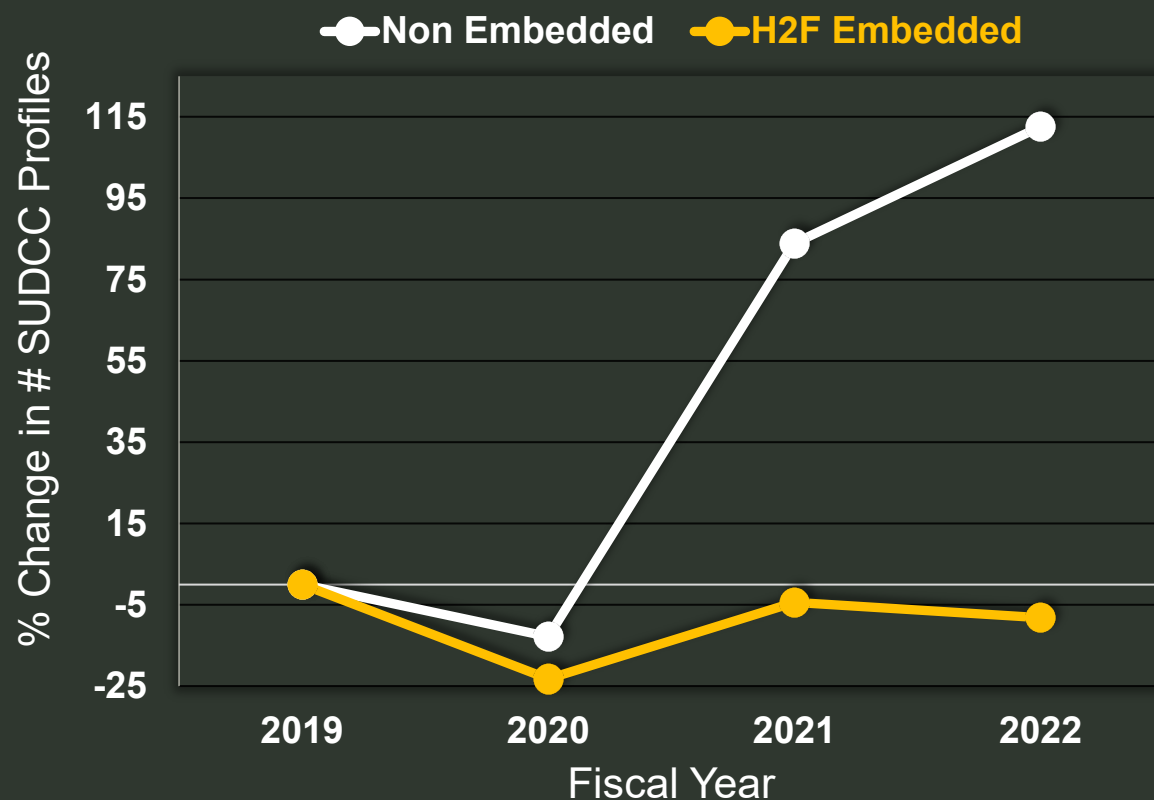
Compared to 2019, **H2F Embedded units** have incurred a **36.8% reduction** in Service Member **suicides** (vs. 37% increase in suicides in Non Embedded).



“**One** loss by suicide **is too many**. While we’re working hard on this problem, we have a lot more to do.” – **SECDEF Austin**

SUBSTANCE ABUSE PROFILES

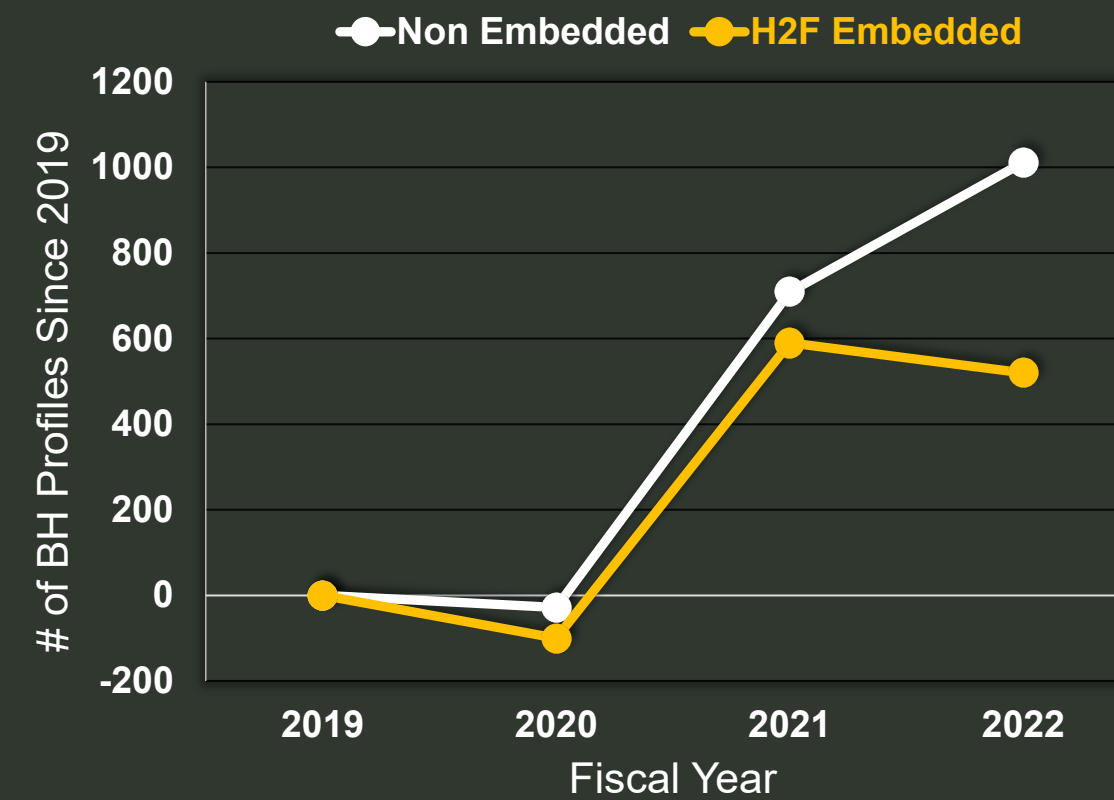
Since 2019, **H2F Embedded units** have dramatically **inhibited** the rise in **SUDCC Profiles**, **down 107%** compared to Non Embedded units.



H2F Embedded units have accumulated **470 fewer Substance Abuse Profiles** over the last 3 years (vs. Non Embedded and 2019).

BEHAVIORAL HEALTH PROFILES

Compared to 2019, **H2F Embedded units** have accumulated **492 fewer Behavioral Health Profiles** over the last 3 years (vs. Non Embedded).



H2F Embedded units have incurred a **48.6% lower incidence** of Behavioral Health Referrals.

Soldiers in H2F Embedded units are more likely to:

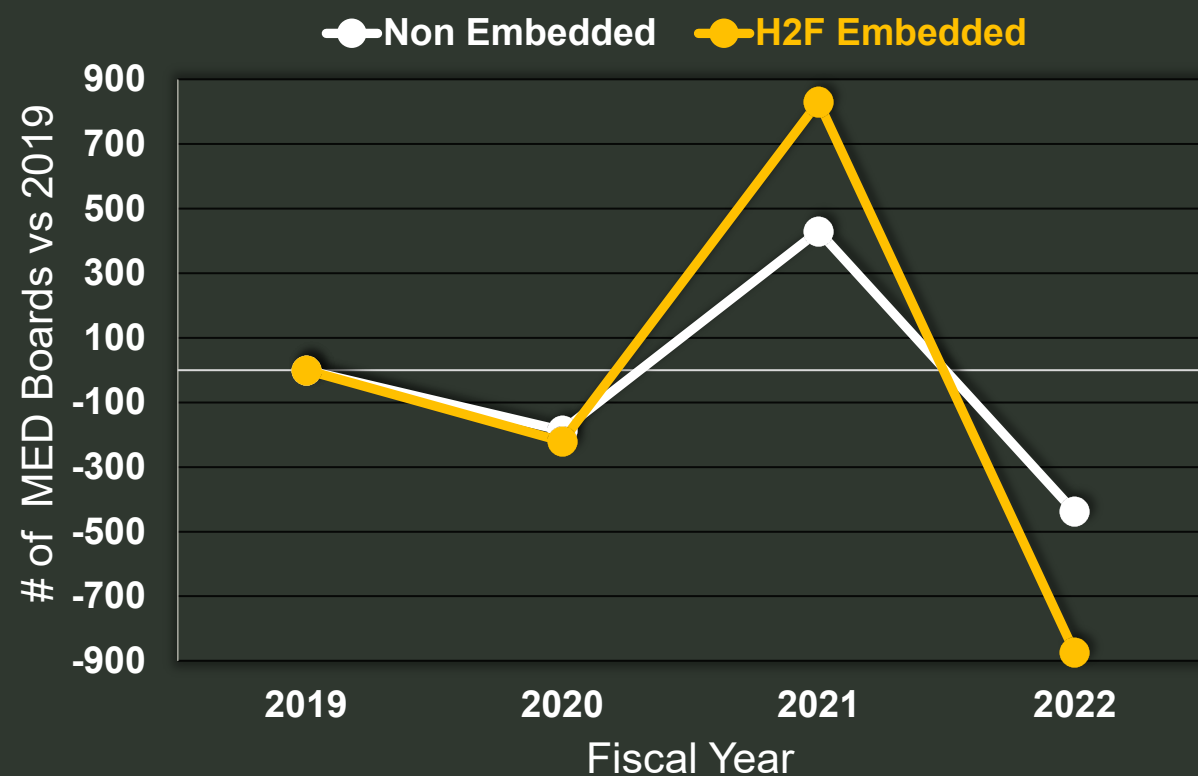
- 1.) know how to access behavioral/mental health resources.***
- 2.) believe that their unit encourages and supports mental wellness.***

HOLISTIC HEALTH AND FITNESS

ENHANCING ACCESS TO PROACTIVE CARE

MEDICAL BOARDS INITIATED

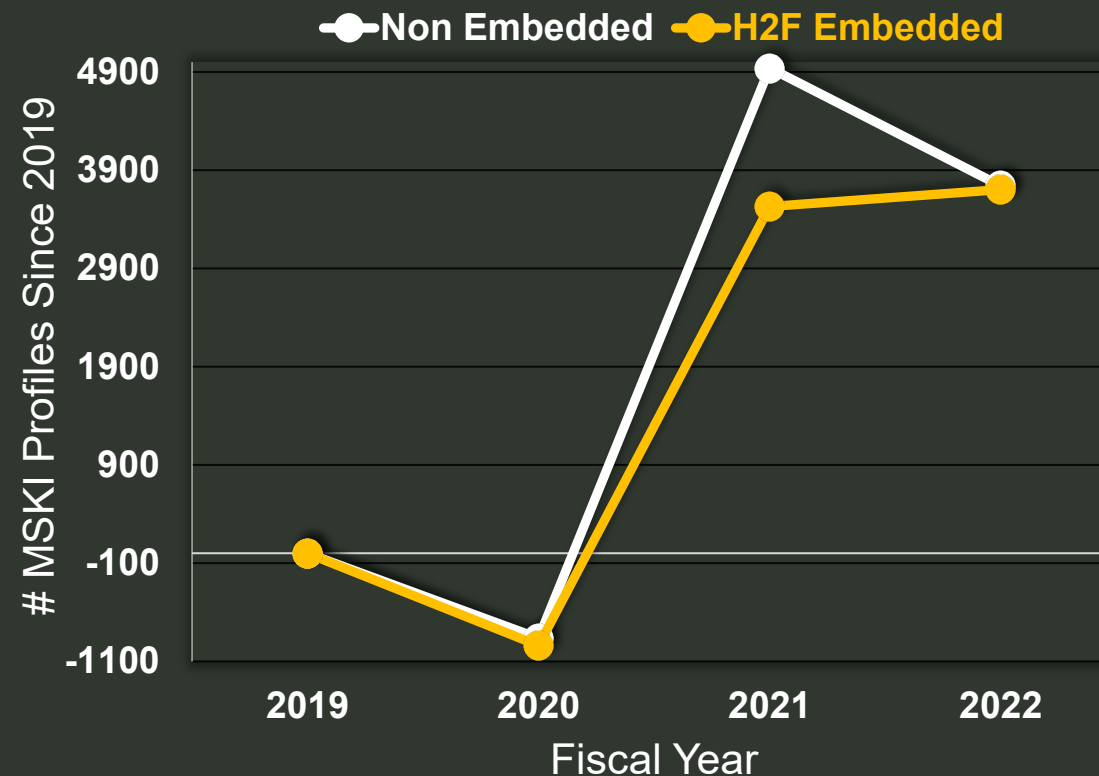
After embedding, H2F units saw an expected bump in Medical Boards due to **improved access to care**. In 2022, H2F units had nearly **twice the decrease** from 2019 (vs. Non Embedded).



Year over year, **Medical Boards** in H2F **Embedded** units are **down 39.2%** (vs. 28.9% in Non Embedded).

MUSCULOSKELETAL PROFILES

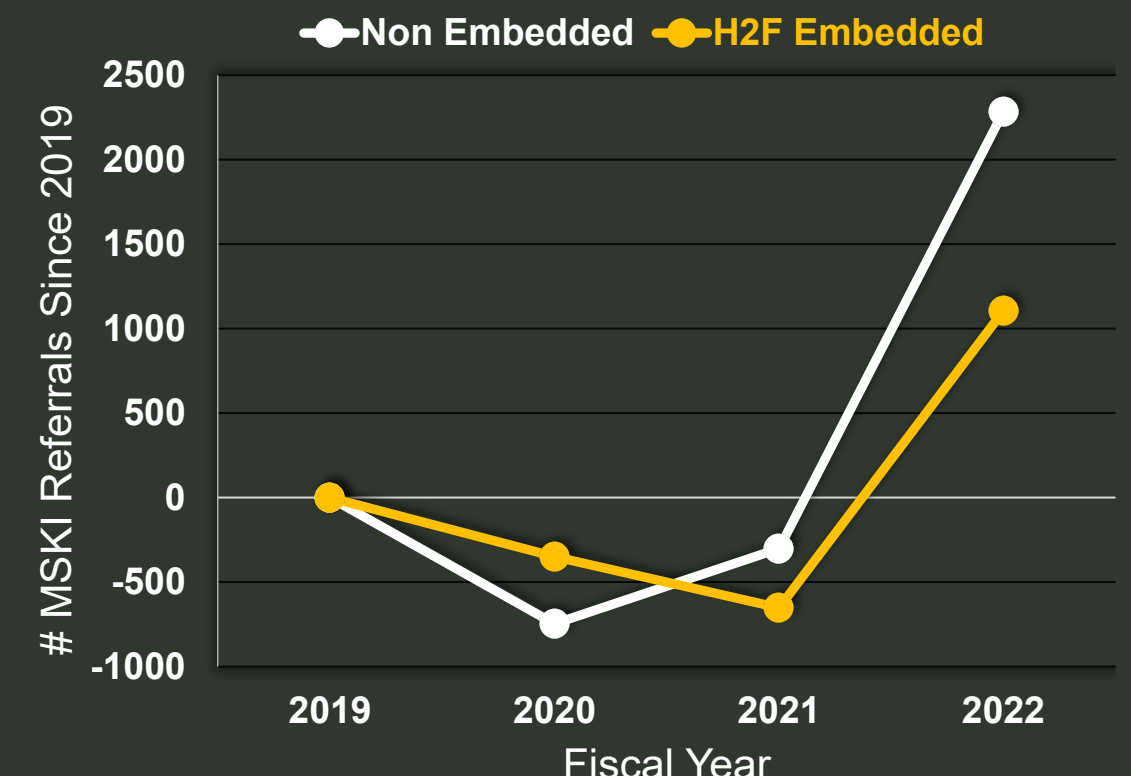
Trainees & Soldiers experience musculoskeletal injury at high rates. **Embedded H2F** resources are **starting to mitigate** factors contributing to **MSKI profiles**.



MSKI affects 55% of Soldiers each year ~ 10 million limited duty days and \$577M spent on patient care.

MUSCULOSKELETAL REFERRALS

Compared to 2019, H2F **Embedded** units have accumulated **1,178 fewer external referrals** to treat **Musculoskeletal Injury** over the last 3 years (vs. Non Embedded).



Since Resourcing, H2F **Embedded** units have accumulated **51.6% fewer external MKSI Referrals** (vs. Non Embedded).

Soldiers in H2F Embedded units who sustain MSKI are:

- 1.) 50% more likely to seek treatment from an Army PT.*
- 2.) 63% more likely to seek treatment from an Army OT.*
- 3.) 88% more likely to see treatment from an Army Dietician.*

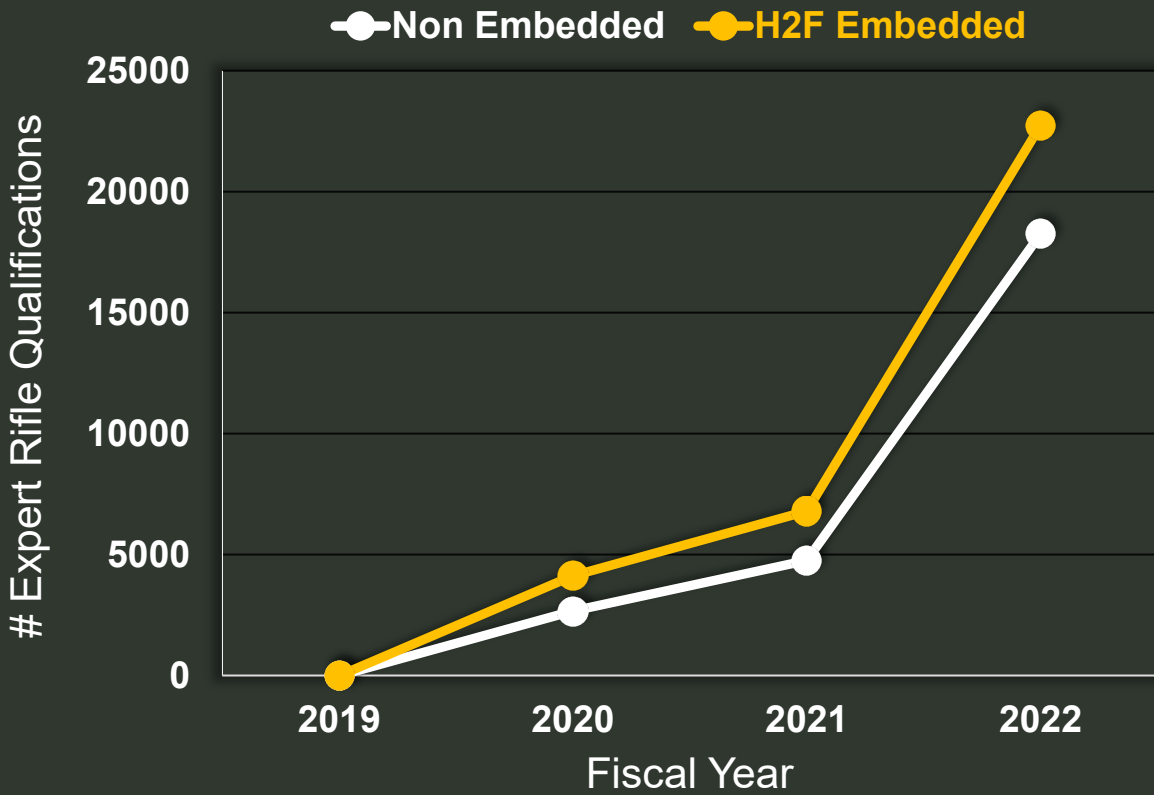
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HOLISTIC HEALTH AND FITNESS

PUTTING PEOPLE FIRST TO OPTIMIZE READINESS

EXPERT RIFLE QUALIFICATION

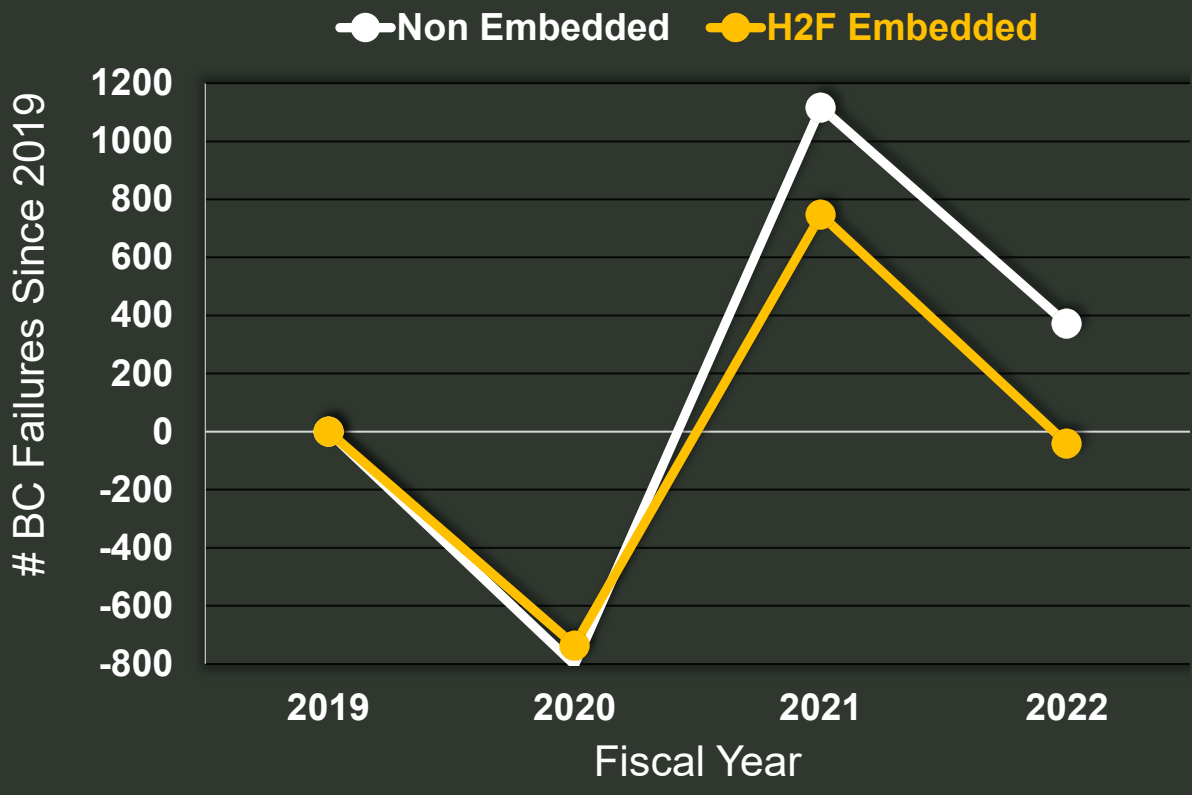
Since 2019, **H2F Embedded** units have **4,479 more** Soldiers qualifying as **Expert** (vs. Non Embedded), enhancing lethality and combat readiness.



In 2022, **44.3%** of **H2F Embedded** Soldiers qualified as **Expert** (vs 37.8% of Non Embedded).

BODY COMPOSITION

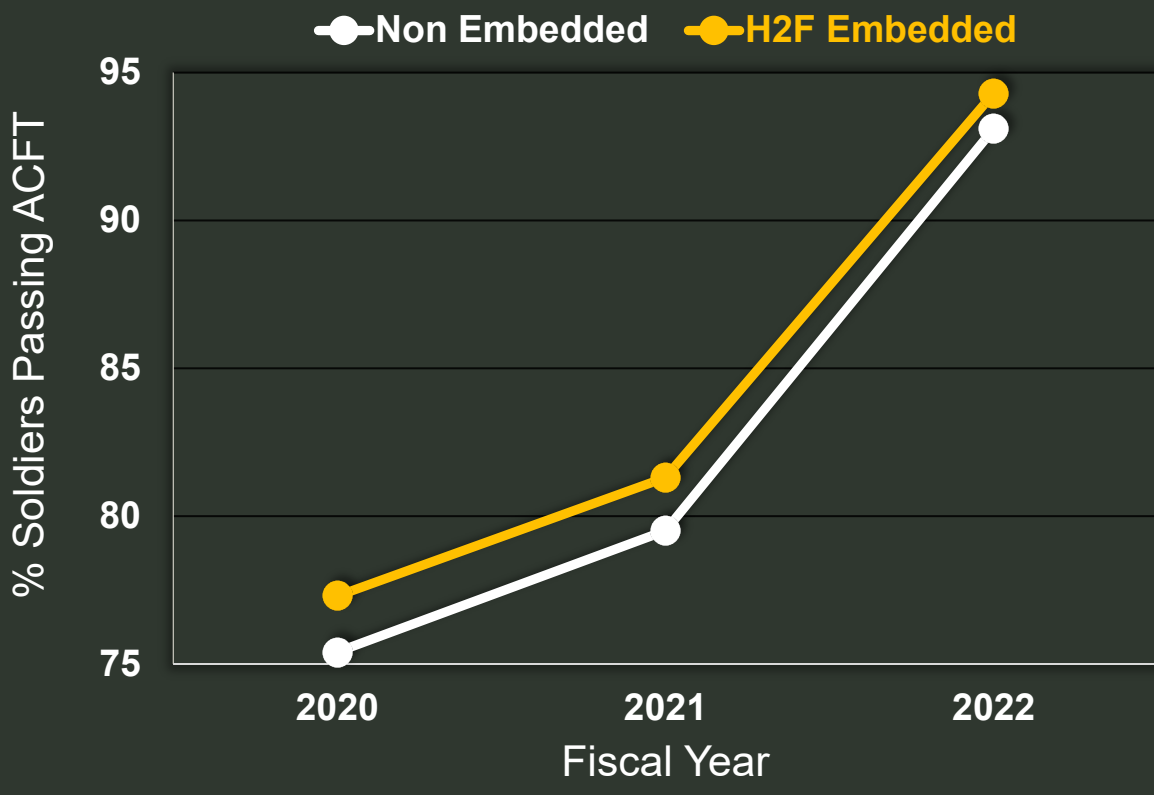
Compared to 2019, **H2F Embedded** units have accumulated **418 fewer** Army **Body Composition Failures** over the last 3 years (vs. Non Embedded).



In 2022, **H2F Embedded** units had a **10% lower** incidence of **Body Composition Failures** (vs. Non-Resource).

ACFT PERFORMANCE

Since 2019, **H2F Embedded** units have **5,214 more** Soldiers passing the **ACFT**, which is the equivalent to a full Brigade Combat Team, avoiding a **\$400M** replacement cost.



“The **ACFT** is an **essential** part of **maintaining readiness** of the Army as we transform into the Army of 2030.” – **SECARMY Wormuth**

Soldiers in **H2F Embedded** units are more likely to agree that they have the **discipline, focus, resilience, motivation, tactical proficiency, and physical ability** necessary to operate in a combat/hostile environment.*

*All differences significant at p < 0.001

HOLISTIC HEALTH AND FITNESS

RECAP & WAY FORWARD

H2F ROI

Scene Setting

Data Trends
Harmful Behaviors
Access To Care
People & Readiness

Quantitative + Qualitative


The H2F Report
Statistical Inferences
DOTmLPF-P Timeline
Force Modernization

H2F DATA ECOSYSTEM

History
MASTR-E + AAL SBIRs

Front End H2FMS
H2F HPTs
Trainees | Soldiers
Cadre | CMD


Data Management
cAMRY Environment
Research Layer
AI/ML Ops



U.S. ARMY

THE HOLISTIC HEALTH AND FITNESS REPORT

2023



CHANGING THE CULTURE OF ARMY FITNESS



U.S. ARMY COMBAT CAPABILITIES DEVELOPMENT COMMAND SOLDIER CENTER

MEASURING AND ADVANCING SOLDIER TACTICAL READINESS AND
EFFECTIVENESS (MASTR-E)

26 APR 2023

GEORGE MATOOK, MASTR-E PM



QUICK FACTS



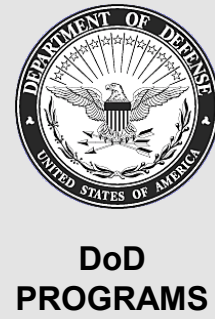
- MASTR-E is a 5-year Army science and technology (S&T) program, funded by the Army and OSD Close Combat Lethality Task Force
 - Largest ever DoD human performance S&T program (\$100M)
- MASTR-E will provide the initial capability to measure, predict, and enhance Soldier and squad close combat performance
 - Quantified measures of performance
 - Small unit performance forecasting
 - Baselining and assessment methodologies
 - Mostly COTS hardware and software to enable the above
- MASTR-E is transitioning to numerous partners across the Army, SOCOM, and Joint enterprise

Initial capability to quantify Soldier/small unit status,
enabling informed Commander and Trainer decisions

PARTNERSHIPS



Measure, Predict, and Enhance Close Combat Performance



PREDICTORS AND OUTCOMES



PREDICTORS

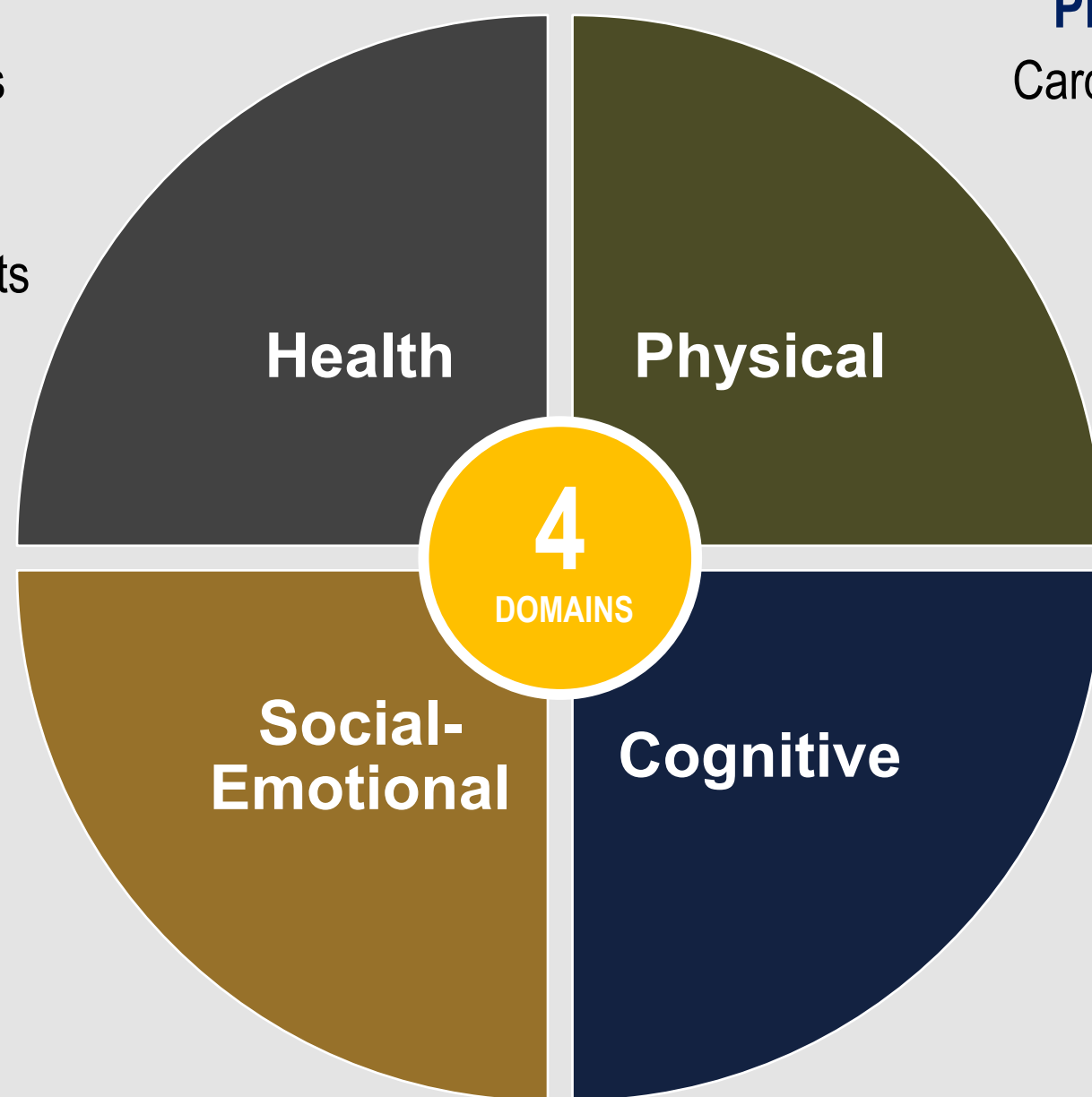
OUTCOMES

Health Constructs

Immune System Status
Gut-Microbiome
Nutrition/Metabolism
Nutrition & Eating Habits
Hearing/Vision
Sleep

Lifestyle
Motivation
Resilience
Personality
Trait Affect
Spiritual
Mindfulness
Impulsivity
Stress Reactivity
Emotion Regulation

Social-Emotional Constructs



Physical Constructs

Cardiorespiratory Fitness
Power & Endurance
Movement Quality
Body Dimensions
Flexibility
Balance
Strength
Agility

Attention
Mental Flexibility
Decision Making
Spatial Cognition
Working Memory
Executive Control
Physical Constructs
Cognitive Constructs

5 Constructs

Measures of Performance

- Shooting Accuracy + Precision
- Weapon Stability
- Acquisition/Engagement Time
- First Fixation to Target

- Ruck March Fatigue Rate
- Ruck March Recovery Rate
- Other Kill Chain/VR Metrics
- First Fixation to Target

- Heart Rate Variability
- Cortisol After Acute Stress
- Survivability Score
- Aerobic Capacity

- Time to Objective
- Route Efficiency
- Orienting
- Sector Scanning

- Shared Vocabulary
- Voice Onset Times
- Noise/Light Hygiene
- Nonverbal Communication



P-51 Instrument Panel

80 year-old technology, still more timely and objective information than we currently have on the human weapon system



Soldier/Unit Performance Dashboard

State assessment plus predictive performance

RAMP-UP

READINESS ASSESSMENT AND MODEL PREDICTIONS FOR UNIT PERFORMANCE

STATUS

STRESS

Units:
 Range: [39.33, 37.07] past 1-3 hours



SLEEP

Units: hours
 Range: [7.00, 7.00] past 24 hours



PHYSICAL EXERTION

Units: rating
 Range: [4.00, 4.00]
 over selected minute range

- 2-10
- 11-30
- 31+



HYDRATION

Units: quarts
 Range: [0.53, 0.63] past 24 hours



THERMAL LOAD

Units: wet bulb globe temperature (wbgt)
 Range: [73.97, 74.53]
 thermal range over last 1-3 hours

- Hot
- Cold



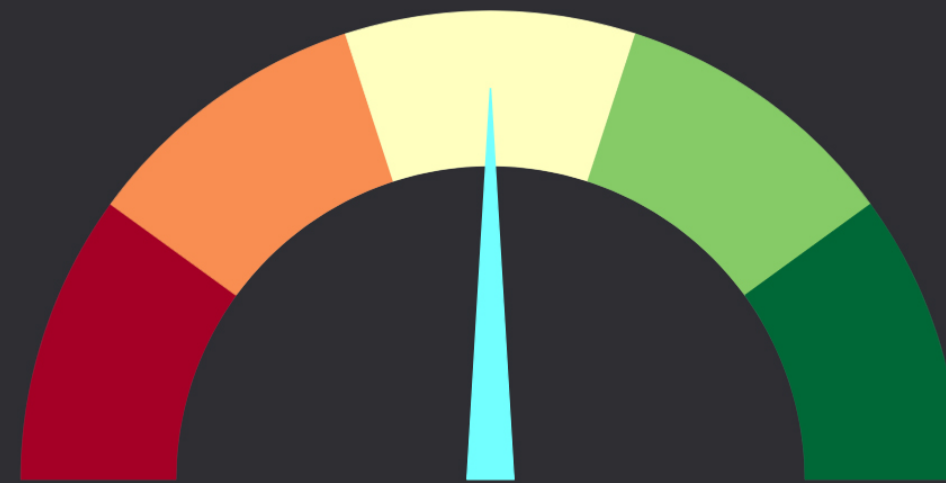
CALORIE INTAKE

Units: calories
 Range: [1543.17, 1641.89] past 24 hours



Wet Bulb Calculator

READINESS



PHYSICAL



COGNITIVE

TACTICAL OUTCOMES



SITUATIONAL AWARENESS



DECISION MAKING



MARKSMANSHIP



PLANNING & PROBLEM SOLVING



COMMUNICATION

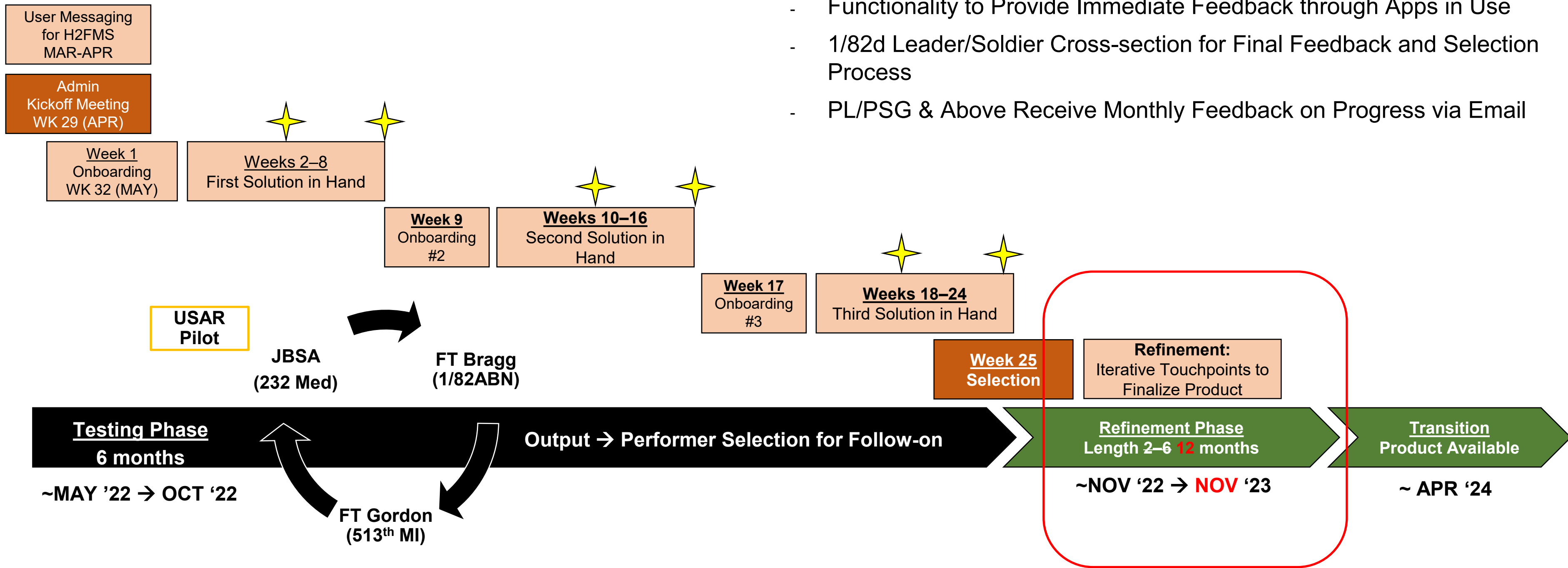
Model Outputs

H2FMS Pilot Framework



Feedback Touchpoints:

- Minimum of Mid- and Final Rotation Surveys for Each Performer
- Functionality to Provide Immediate Feedback through Apps in Use
- 1/82d Leader/Soldier Cross-section for Final Feedback and Selection Process
- PL/PSG & Above Receive Monthly Feedback on Progress via Email



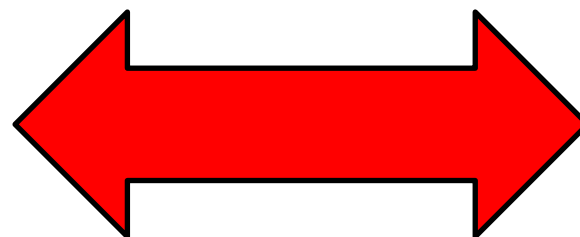
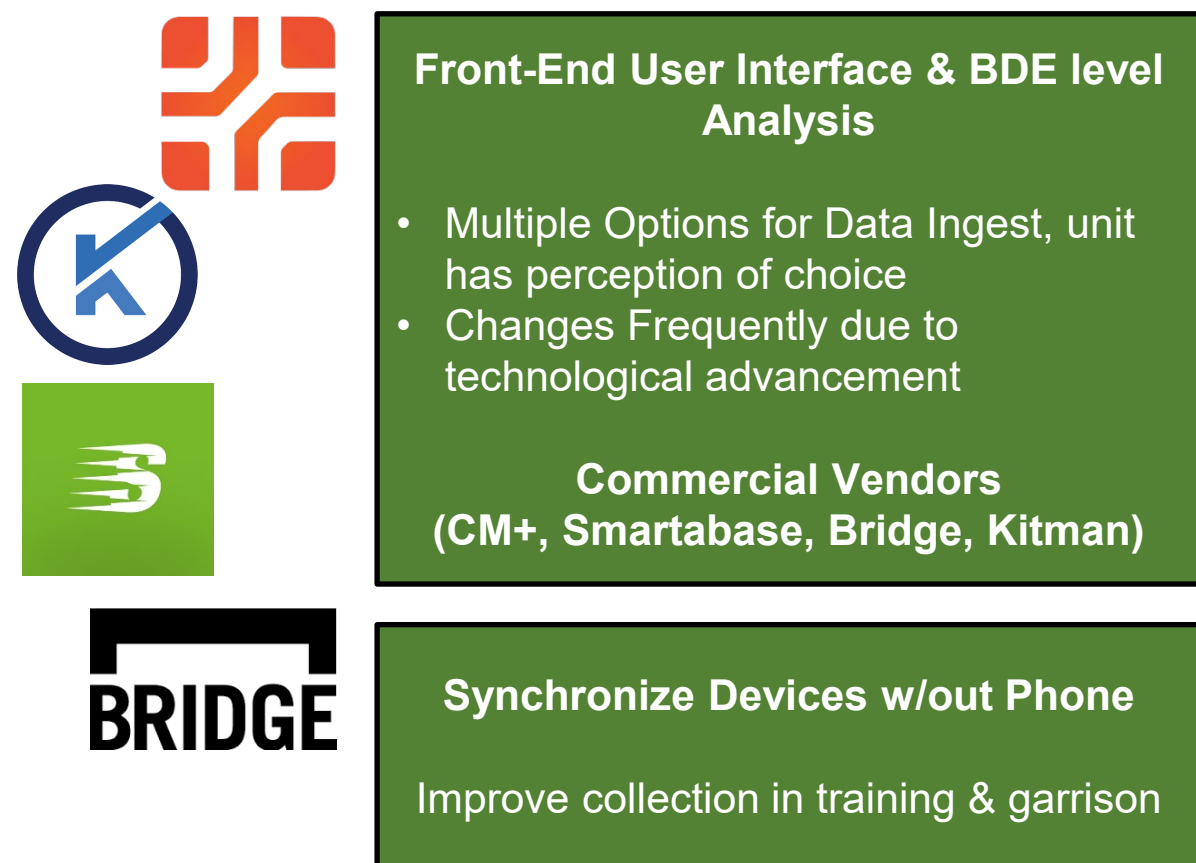
Refinement Phase

Immediate Action – Phase II Enhancement

- 12-month period of performance – starts o/a Nov '22
- Unit Picks on desired platform = CM+ → 1/82ABN, 513MI, USAR
- Unit gets access while developing backend data warehouse and feature updates

Long Term:

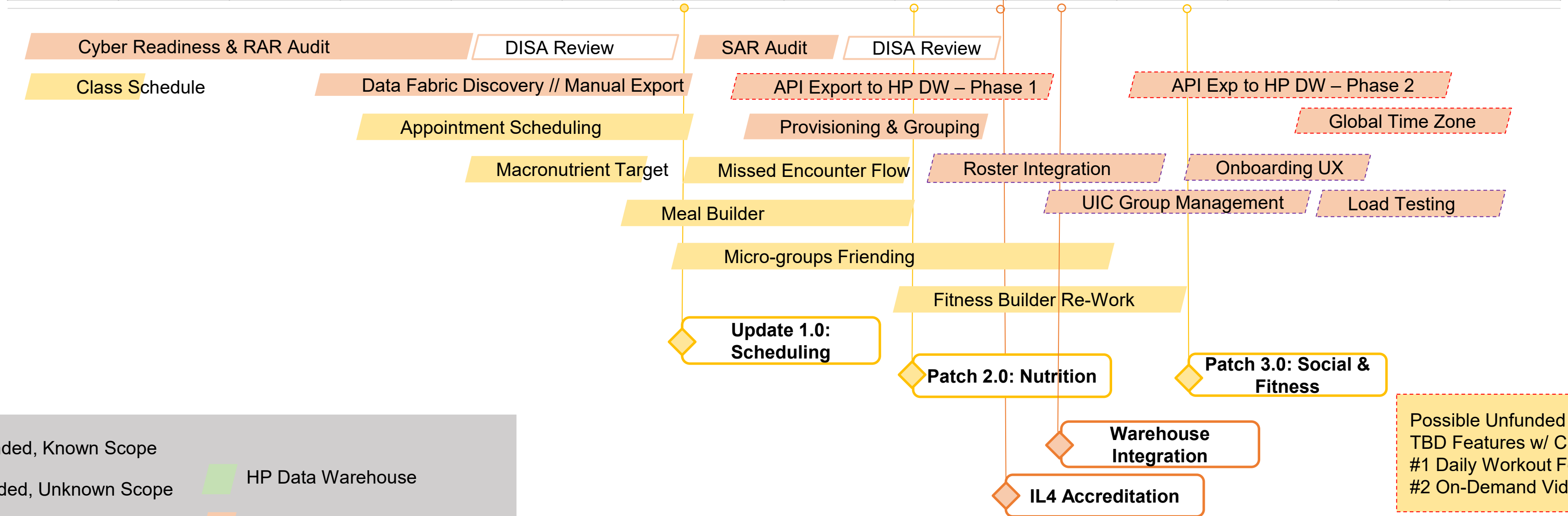
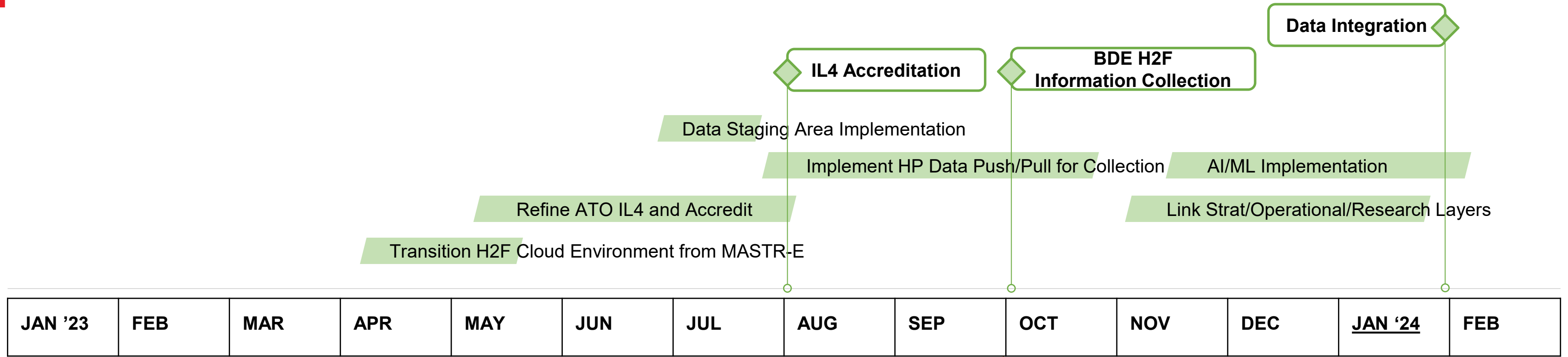
- Catalog “Rules to Play” for AMS type applications – multiple applications can play, as long as they align with requirements
- Plug and play into HP Data Warehouse – Owned by H2F
- MASTRE provides research developed algorithms over time to help inform
- 18ABC provides developed algorithms over time, largely lethality related



ROADMAP

DATA WAREHOUSE

H2FMS



Possible Unfunded TBD Features w/ CM+:
#1 Daily Workout Feature
#2 On-Demand Vid Feature

- Unfunded, Known Scope
- Unfunded, Unknown Scope
- H2FMS Features, Funded
- H2FMS Security / Integration
- HP Data Warehouse

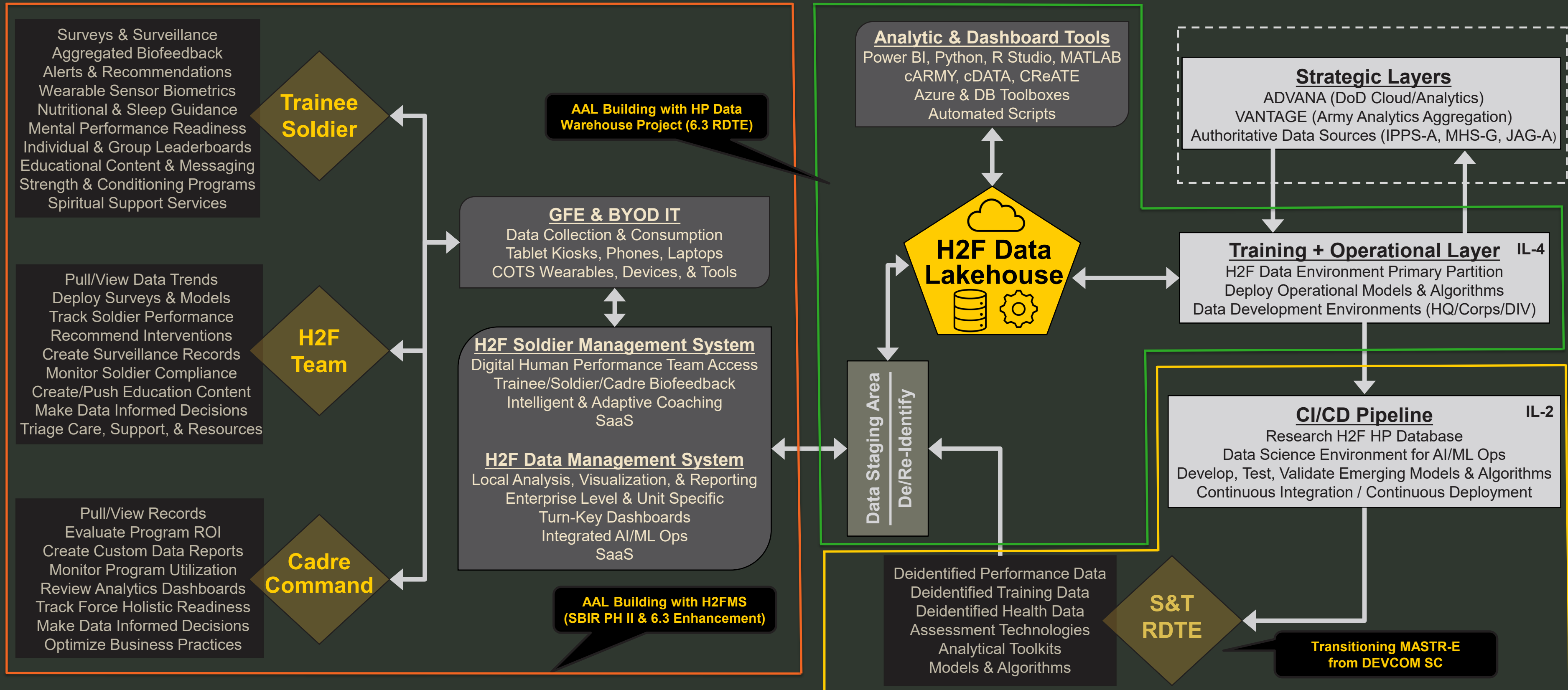
H2F SOLDIER PERFORMANCE DATA ECOSYSTEM

Front End User Interface

Data Transfer & Visualization

Data Storage & Analysis

Enterprise Integrations



HOLISTIC HEALTH AND FITNESS

RECAP & WAY FORWARD

H2F ROI

Scene Setting

Data Trends
Harmful Behaviors
Access To Care
People & Readiness

Quantitative + Qualitative

The H2F Report
Statistical Inferences
DOTmLPF-P Timeline
Force Modernization

H2F DATA ECOSYSTEM

History
MASTR-E + AAL SBIRs

Front End H2FMS
H2F HPTs
Trainees | Soldiers
Cadre | CMD

Data Management
cAMRY Environment
Research Layer
AI/ML Ops

MODERNIZATION TARGETS

CJCSI TFF → CBA
S&T RDTE
Informed by Field

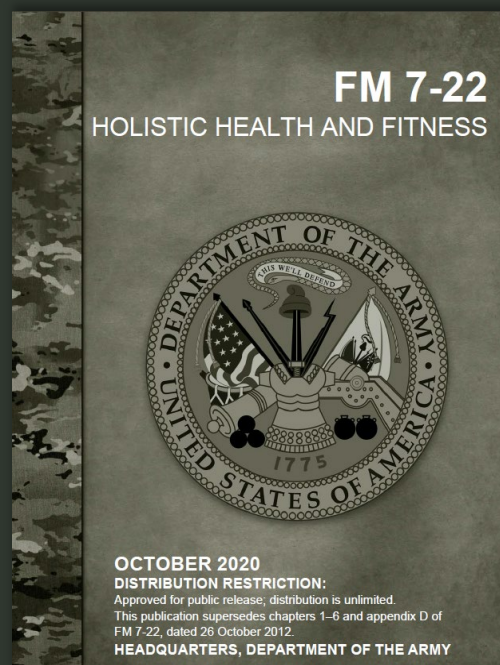
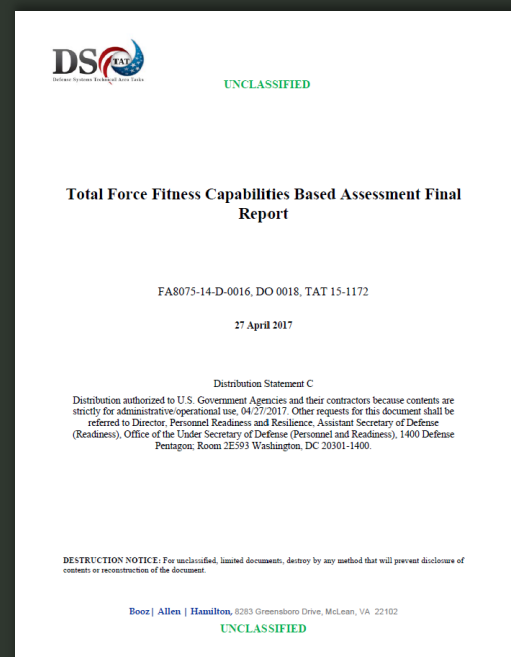
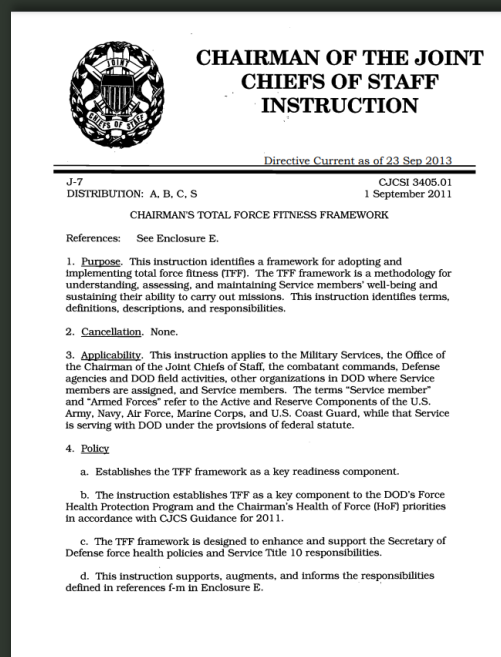
H2F Domains
Capability Goals
Knowledge Goals

H2F Data ATTP
H2F CBA
ICD, CDD, & DCR

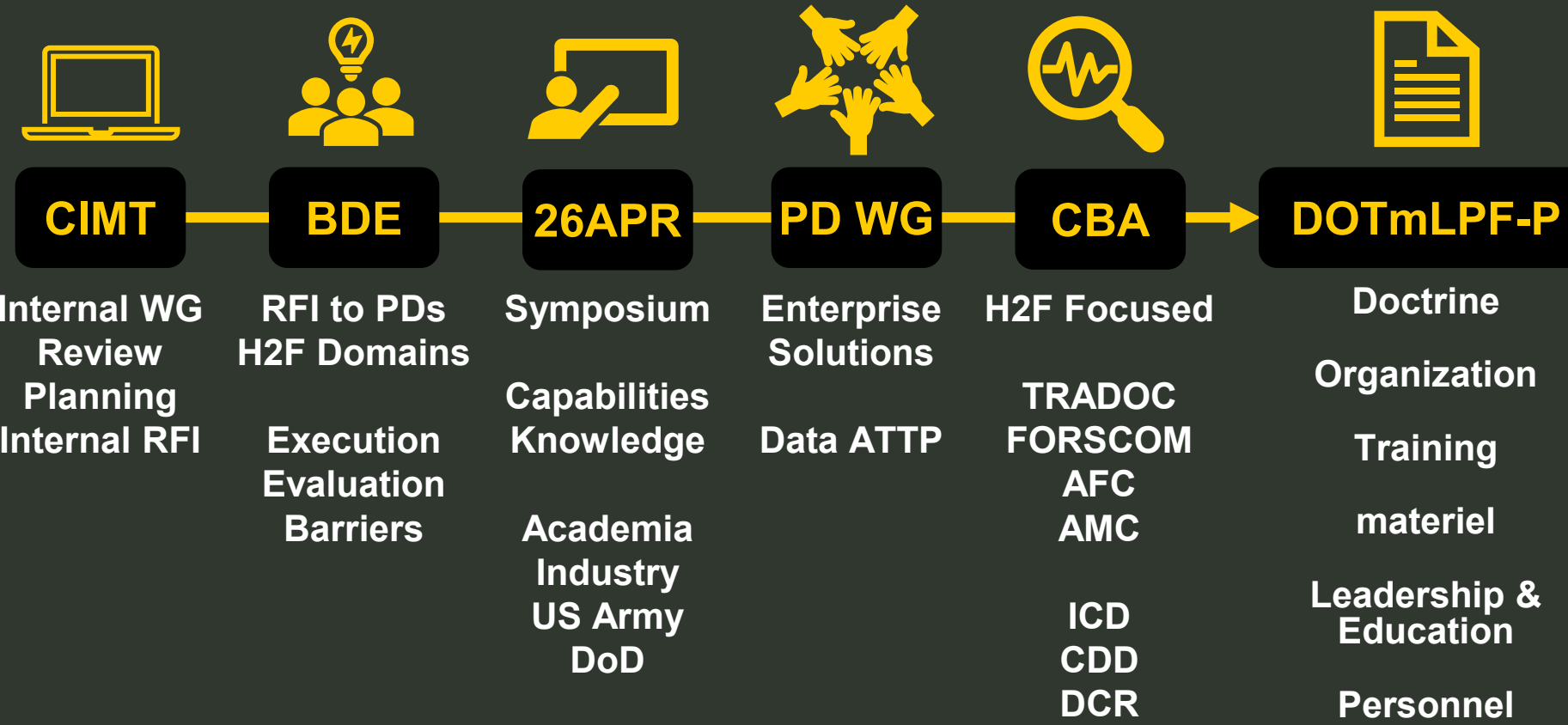
HOLISTIC HEALTH AND FITNESS

SHORT RANGE TARGETS: SCENE SETTING

DEMAND SIGNAL



PROCESS



Mission Readiness & Effectiveness:

CAPABILITY REQUIREMENTS ?

EXISTING CAPABILITIES ?

RESULTING GAPS ?

X

DOMAIN METRICS ?

BASELINES ?

PROGRAM EVALUATION ?

PROGRAM RESOURCES ?

BARRIERS ?



HOLISTIC HEALTH AND FITNESS

SHORT RANGE TARGETS: COMMON ACROSS ALL DOMAINS

CAPABILITIES

01

H2F HPT/User Software

- Encompass ALL H2F Domains
- Develop & Push H2F Programming & Education
- Capture & Track Key Metrics
- Data Management System
 - Track Utilization & Outcomes
 - Realtime Readiness & ROI
 - Simplified Data Analysis
 - Actionable Dashboards
 - Automated Reports
 - AI/ML Ops

KNOWLEDGE

01

H2F Data Doctrine

- Concept & Strategy
- Tactics, Techniques, & Procedures
 - Surveillance
 - Surveys
 - Biometrics
- Scheduled & Event Driven
 - In Processing & Out Processing
 - Monitoring (Daily/Weekly/Monthly)
 - Pre/Intra/Post Events & Interventions
- Traditional & Interactive Digital Format

HOLISTIC HEALTH AND FITNESS

PHYSICAL DOMAIN: SHORT RANGE TARGETS



CAPABILITIES

02

Automated ACFT

- Reduced Personnel Load
- Digitized Collection
- Integration of COTS Tech
 - Timing/Counting Devices
 - Tablets
 - Wearables
- After Action Intel
- Cloud Upload

03

Movement Competency Screening Protocols

- High Throughput
- Digitized
- Validated
- Actionable

04

Access to MSKI Profile Data

- Triage Dashboards
- Temporary Profile Flags
- MedBridge Access for ALL Injury Control Team



KNOWLEDGE

02

Benchmark PT

- Periodic Assessment Protocols
 - Performance
 - Movement Competency
 - MSKI Risk Screening
- Validated Against CST & KPIs

03

Fitness vs Soldiering Benchmarks

- Tasks, Conditions, & Standards
- Fitness Construct
 - Power, Strength, Endurance, Anaerobic, Aerobic, Mobility
 - GS Validated Options
- Applied Skill
 - Soldiering + MOS Tasks
 - In Context

04

Off-Cycle PT

- H2F Domain Outcomes
- Effects on Development
- Effects on Sustainment
- Effects on Resourcing





HOLISTIC HEALTH AND FITNESS

SPIRITUAL DOMAIN: SHORT RANGE TARGETS

CAPABILITIES

KNOWLEDGE

02

Tools to Measure

- Spiritual Readiness vs Religion
- Individual vs Group
- Objective & Subjective

03

Tools to Enhance

- Hands-on & Hands-off
- If, Then Business Rules for Optimization Strategies
- Individual & Collective
- Religions & Non-Religious

04

Motivational Interviewing

- For Providers
- For Trainees/Soldiers
- For Cadre/Command



02

Quantifying Spiritual

- Quantitative & Qualitative
- Models Across ALL Possible Spiritual Expression
- Enforce Use of Spiritual Readiness Tool from DA UMT

03

Spaces & Equipment Sets

- How to
 - Build
 - Develop
 - Promote Utilization
 - Track ROI

04

Educational Materials

- Standardized
- Enterprise Solution
- Integration with ALL Domains



HOLISTIC HEALTH AND FITNESS



NUTRITIONAL DOMAIN: SHORT RANGE TARGETS

CAPABILITIES

02

Tools to Measure & Build Plans

- Plate Analysis
- Food Logging
- Individual Current State vs Goal Programming
- Scheduling System
- Reporting System

03

Nutrient Fueling Stations

- Grab & Go
- Pre/Post PT
- 24/7 Access
- Utilization Tracking

04

DFAC Modernization

- Warrior Restaurants
- Individual Warrior Plate Models & Examples
- Nutrient Timing w/ POI Demands
- ID Cards for Food Impacts on Performance, Recovery, Health, Fitness



KNOWLEDGE

02

Fueling Connections

- To Performance
- To MSKI
- Risk Screening
- Cost vs. Benefit Analysis

03

Nutritional Plans

- Based on Body Comp, ACFT, & POI Timing
- Specific to Location
 - DFAC
 - Field
 - Home
- Pre/Post Event

04

Educational Library

- Handouts
- Presentations
- Digital Activities
- Posters



HOLISTIC HEALTH AND FITNESS

SLEEP DOMAIN: SHORT RANGE TARGETS

CAPABILITIES

KNOWLEDGE

02

Tools to Measure

- COTS Wearables
- Neurocognitive Performance Tasks
- Smart Mattresses
- Off-Body Movement

03

Tools to Enhance

- Sleep
 - Onset
 - Quality
 - Continuity
- Short-term Readiness When Sleep Deprived
- Reduction in Burnout

04

POI Flexibility

- Training Plans Informed by Readiness, Workload, Recovery (Sleep) Monitoring
- Group & Individual Based Glidepaths

02

Facility Modifications

- Barracks Hygiene
- Lighting
- Temperature
- Acoustics
- Cost vs. Benefit Analysis

03

Operationalization

- In the Field & Garrison
- Evidence Based Interventions
- Work/Rest Cycle Optimization
- Go, No-Go Thresholds for Readiness
- If, Then Business Rules & Optimization Strategies

04

Technical & Tactical Skills

- Sleep Status Influence on
 - Skill
 - Acquisition
 - Retention
 - Transfer
 - Physical Performance Readiness
 - MSKI Risk
 - Behavioral Health
- POI Modification Strategies
- Cost vs. Benefit Analysis



HOLISTIC HEALTH AND FITNESS



MENTAL DOMAIN: SHORT RANGE TARGETS

CAPABILITIES

02

Tools to Measure

- Cognitive Performance
 - Validated & Reliable
 - Construct Validity
 - Contextually Relevant
 - Objective & Subjective
 - Transfer to MOS Tasks
- Group Cohesion
- MOS Task Transfer

03

Tools to Enhance

- One to Many Contact
- Readiness
- Recovery
- Cohesion

04

Interactive Education

- Basic → Applied
- Simple → Advanced
- Progressions/Regressions
- Specific to H2F
 - Cadre / Trainee / Soldier
 - BCT, Pre/Intra/Post Deploy
 - Performance vs Behavioral
 - Common Soldier Tasks
 - MOS Tasks



KNOWLEDGE

02

Cognitive Performance Screening

- Validated & Reliable Assessment Protocols
 - Tasks
 - Surveys
 - Biometrics
- Construct Validity & Contextually Relevant
- Baseline
- Return to Duty
- NonClinical Go / NoGo

03

Mindset Optimization Strategies

- Flagging Schema
- Evidence Based Interventions
 - No Tech
 - Low Tech
- If, Then Business Rules for Primary through Tertiary Protocols



04

Integration Methods

- With Universities for Education & Personnel Acquisition
- Models with Other H2F Domains
- Within POI
- With Other Mental Readiness Efforts
 - R2
 - Cadre Resiliency Program
 - Drill Sergeant Training
 - CR2C

WEARABLE BIOSENSORS IN ARMY BASIC TRAINING

10,000' View

INPUT

LINE OF EXECUTION

ENDSTATE

NDA H.R. 117-397

TASK 1. ASC FEASIBILITY REPORT

COTS Wearable Biosensors for New Recruits

- Clean Physiological Baseline Data
- Leadership Awareness of Cognitive Function
- Monitoring Physiological Workload
- Grow and Sustain Healthier, Ready Force
- Connecting Recruits to Promote Accession

TASK 2. CONDUCT ANALYSIS

Requires Data Collection & Rapid Prototyping

- Will the Wearables Decrease Attrition Rates
- How the Data Could Inform H2F System
- Potential to Develop and Sustain Mentally & Physically Resilient Soldiers

INITIAL MILITARY TRAINING

VALIDATED PROTOTYPE

- ASC & ASL Reports & Briefs
- COTS Wearable Device Integration
- H2F Data Ecosystem ATO
- H2F Dashboards, Analysis, Reporting
- H2F Modernization Strategy & ATP

ANALYTICAL INSIGHTS

- Reduction in MSKI & Attrition
- Wearable Device Accuracy
- Cognitive Function Monitoring
- Physiological Workload
- Behavioral Health Indicators

➤ PLAN

1. OPT Kickoff
2. Gather Requirements
 - CMD, Cadre, H2F
 - Location Logistics
 - Market Research
3. Develop Approach
4. Identify Processes
5. Harden Requirements
6. Determine Mechanisms
 - Devices
 - Wearables
 - IT Equipment
 - Services
 - Academic
 - Data Management System
 - Cognitive App Testing
 - Pilot Support
 - TRADOC
 - AFC
 - IT ATO Submission
 - IRB Determination

➤ PREPARE

1. Publish DA EXORD
2. Procure Devices & Services
3. Onboard Support Team
4. IT Authority to Operate
5. IRB Determination
6. Develop
 - Data Workflows
 - Analytical Scripts
 - Dashboards
 - Educational Content
 - Study Playbook
 - H2F POI Integration
7. Pressure Test System
8. Refine As Needed
9. Transport
10. Onsite Setup
11. Onsite Hardening

➤ DEPLOY

1. In-Process
 - H2F HPT
 - Cadre
 - CMD Team
2. Iterate
 - Dashboards
 - POI Integration
 - H2F AARs
3. In-Process Trainees
 - Baselineing
 - Monitoring
 - Event Specific
 - Educational AARs
 - End of POI Re-baselineing
4. Out-Process
 - Trainees
 - H2F HPT, Cadre, CMD
5. Preliminary Data Analysis
6. Preliminary Data Report

➤ ITERATE

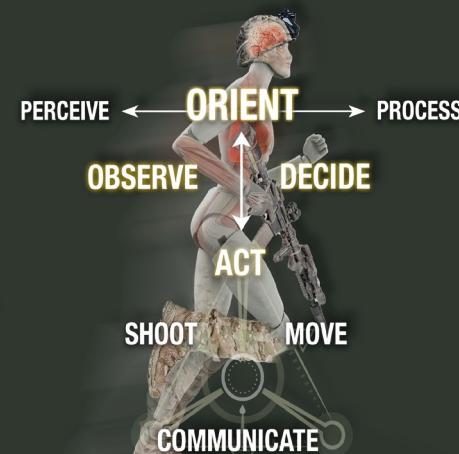
1. Procure
 - Scale Wearables & IT
 - Leverage H2FMS
2. Update
 - Study / H2FMS Playbook
 - Dashboards
 - POI Integration
 - H2F AARs
3. In-Process
 - H2F HPT, Cadre, CMD
 - Trainees @ Recruitment
 - 10+ Weeks Prior to BCT
 - H2FMS License Access
 - Push PT Prep Plans
 - Push H2F Education
 - REC BTN Baselineing
4. Out-Process
 - Trainees
 - H2F HPT, Cadre, CMD
5. Data Collation

➤ REPORT

1. Data Aggregation
 - Surveillance
 - POI MOPs & MOEs
 - Wearable Biometrics
2. Data Analysis
 - Quantitative & Qualitative
 - Descriptive
 - Diagnostic
 - Predictive
 - Prescriptive
3. Data Visualization
 - Composition
 - Distribution
 - Relationship
 - Comparison
4. Data Documentation
 - ASC & ASL Brief + Report
 - DOTmLPP-P Integration
 - Publications

GOV SUPPORT

- TRADOC: CIMT, G6, USAREC, MCoE
- AFC: DEVCOM, AAL, MRDC, AI2C
- HQDA: G3, G1 IPPS-A, CIO ECMA
- General Counsel Acquisition



STAKEHOLDERS

- ASCs & ASLs
- ASA: M&RA, ALT
- TRADOC: CIMT, USAREC, MCoE
- AFC : DEVCOM SC, AAL, SWF
- DRUs: MEDCOM, USAASC
- HQDA: G1, CIO ECMA
- FORSCOM

HOLISTIC HEALTH AND FITNESS

RECAP

H2F ROI

Scene Setting
Data Trends
Harmful Behaviors
Access To Care
People & Readiness
Quantitative + Qualitative
The H2F Report
Statistical Inferences
DOTmLPF-P Timeline
Force Modernization

H2F DATA ECOSYSTEM

History
MASTR-E + AAL SBIRs
Front End H2FMS
H2F HPTs
Trainees | Soldiers
Cadre | CMD
Data Management
cAMRY Environment
Research Layer
AI/ML Ops

MODERNIZATION TARGETS

CJCSI TFF → CBA
S&T RDTE
Informed by Field
H2F Domains
Capability Goals
Knowledge Goals
H2F Data ATTP
H2F CBA
ICD, CDD, & DCR

INTEGRATING WEARABLES

NDAA Language
COTS Wearables
MSKI & Attrition
Inform H2F Domains
Quantitative
Qualitative
H2F HPTs
Trainees | Soldiers
Cadre | CMD



BE ALL YOU CAN BE.

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