



DEPARTMENT OF THE ARMY  
UNITED STATES ARMY COMBINED ARMS SUPPORT COMMAND  
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ATCL-CG

CASCOM POLICY 15-07

AUG 26 2015

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: United States Army Combined Arms Support Command (CASCOM)  
Command Policy Civilian Health and Resiliency

1. References:

a. Memorandum, Under Secretary of Defense, 1 Feb 11, subject: Department of Defense Employee Wellness Awareness Information Campaign.

b. AR 600-63, Army Health Promotion, para 5-2c, 14 Apr 15.

c. Training and Doctrine Command (TRADOC) Policy Letter 19, 3 Jun 14.

2. Deliberate effort to sustain, encourage, develop, and support optimal health and wellness of the TRADOC civilian workforce is a top priority. Encouraging a strong, healthy, balanced civilian workforce develops civilian leaders who are equipped to face the complex challenges of the future.

3. Leaders at all levels must commit to actively supporting and encouraging holistic health for our civilians. I encourage and expect the workforce to engage in physical fitness programs (see Ref. 1b), Morale, Welfare, and Recreation activities and services, nutrition classes, screening services (e.g., blood pressure checks/cholesterol screenings), professional development initiatives, smoking cessation classes, resiliency training, and other activities within the community that improve holistic health efforts. In keeping with the Army's Comprehensive Soldier Fitness Program, I encourage you to complete the Global Assessment Tool located at <http://csf.army.mil/index.html>, which serves as a tool for you to gauge your own wellness needs.

4. AR 600-63 allows leaders to authorize (as a one time opportunity for each employee) up to 3 hours of administrative leave per week for a period not to exceed 6 months, mission permitting, in order for the employee to participate in command-sponsored physical fitness training, evaluation, and education. Leaders may utilize this option, at their discretion, for sanctioned wellness activities as described in paragraph 3 above. An individual employee's 6 month period begins at the time they commence participation in a Command sponsored program/event.

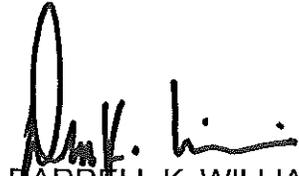
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programs. Employees can continue beyond the 6 month period without requiring use of administrative leave and should be willing and flexible by requesting adjustments in their work schedules to accommodate their own voluntary participation in these activities.

6. I challenge all of you to not only commit to your own health and well-being, but in doing so, to commit to the strength and resilience of the Army.

7. This policy supersedes CASCOM policy 13-01.



DARRELL K. WILLIAMS  
Major General, U.S. Army  
Commanding

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