

Overview



- **Program Objective:** Offer web-based assessment to calculate body's health age and provides personalized recommendations to improve health
- **Point of Contact:** AT HQ, OSD/HA
- **Total Force Fitness Domains:** Physical, Social, Medical, Nutritional

Program Description



UltimateMe is the Department of Defense's personalized wellness platform and community for service members, their families, retirees, and civilians. It is designed to support individuals in assessing their health, tracking their nutrition and activity, and motivating them to make positive changes to their health. UltimateMe provides access to fitness, health information and community resources. Users can also take the UltimateMe assessment to find out what activities and lifestyle changes can improve health.

Implementation Progress



Installations currently implementing this initiative:

- Fort Meade
- Fort Sill
- Mountain Home
- March ARB
- Yokota
- Quantico
- 29 Palms
- Cape Cod
- NAVSUB Base, New London
- Joint Base Pearl Harbor-Hickam

Performance Measures



- Change in real vs. chronological age over the course of the year
- Level of activation based on completion of program stages
- Utilization of UltimateMe tools and resources

Additional Information

UltimateMe is accessible here: <https://health.mil/UltimateMe/>