



FLAG VOICE #539
Body Composition Program Update

01 March 2021

The April Semi-Annual Body Composition (BCS) Screening is just around the corner and I know that members have been waiting for clear guidance on how they will be conducted as we remain in a COVID environment. A MyCG article and formal ACN will be released shortly, but I wanted to present the plan directly to our senior leaders.

To provide a data point of readiness and health well-being, all Coast Guard members will undergo the April 2021 BCS. However, understanding the continued impact of COVID-19, no members will be placed on probation or processed for separation from the Service; no strikes will be issued. Any member not in compliance will be required to undergo a medical screening and counseling for healthy nutrition and safe weight loss. The boat crew PFT will still be an optional method of compliance under a continuation of the pilot program for the April 2021 BCS.

The cornerstone of personal readiness is health and well-being. I ask for your assistance in ensuring commands assist members in their personal readiness journey, so they are prepared for the BCS in October where normal compliance measures will go into effect.

A handwritten signature in blue ink, reading "Joanna M. Nunan".

Joanna. M. Nunan
Rear Admiral, USCG
Assistant Commandant for Human Resources