



Important information and helpful links on sleep, activity and nutrition — the three components of Performance Triad — are now available as an app that can be downloaded to any smartphone. (Photo by David Vergun)

Army Seeks Feedback On New Performance Triad App

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Important information and helpful links on sleep, activity and nutrition — the three components of Performance Triad — are now available as an app that can be downloaded to any smartphone.

While version 1.0 of the app is useful in its current form, future versions will contain interactive features, said Lt. Col. Myong S. Woo, health informatics officer and technical lead for Performance Triad. The Army Office of the Surgeon General would like to receive feedback from Soldiers, Army civilians and family members about exactly what they would like the app to feature, she said, as app developers are meeting next month to discuss future versions.

Commanders have already expressed interest in an interactive dashboard feature that would allow them to provide guidance to their troops or answer any questions or concerns they might have, she said, adding that Soldiers would have complete control of their confidentiality.

Feedback like this will help guide future app development, Woo said, noting that “it’s now very much a work in progress.”

Users can visit their app store for this free app for iPhone, Android or Windows. Search for “Performance Triad” and download the app to the smartphone.

Once the app is downloaded, avatars of a Soldier, Army civilian, family member and retiree will be dis-

played. Users should click on their avatar, which will open up content most applicable to them, she said.

Content in the app is organized by the three sleep, activity and nutrition categories. Within each category are such things as frequently asked questions and links to helpful sites like Army wellness centers, the Human Performance Resource Center and Operation Supplement Safety.

After reviewing the content, users should click on “review” to provide feedback, she said, adding that she hopes squad leaders and other leaders can promote the app to their Soldiers and their own family members.

The app supports the Army’s Ready and Resilient Campaign by giving Soldiers and family members the tools they need to maintain peak performance, Woo said, adding that August is Performance Triad month, and it’s also the one-year anniversary when the first Performance Triad pilot course started.

The Army Public Health Command, U.S. Army Training and Doctrine Command, U.S. Army Combined Arms Support Command and U.S. Army Sustainment Center of Excellence also participated in the apps development and will participate in future revisions, Woo said. ■



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