



**DEPARTMENTS OF THE ARMY AND THE AIR FORCE
NATIONAL GUARD BUREAU
111 SOUTH GEORGE MASON DRIVE
ARLINGTON, VA 22204-1382**

NGB-ARH

14 August 2008

**MEMORANDUM FOR THE ADJUTANTS GENERAL OF ALL STATES, PUERTO RICO,
THE US VIRGIN ISLANDS, GUAM, AND THE COMMANDING GENERAL OF THE
DISTRICT OF COLUMBIA**

**SUBJECT: (NGB-ARH Policy Memo #08-025) Medical Fitness Standards for Accession
in the Active Guard Reserve (AGR) Program**

1. References.

**a. Army Regulation (AR) 135-18, The Active Guard Reserve (AGR) Program,
1 November 2004.**

**b. AR 600-110, Identification, Surveillance, and Administration of Personnel Infected
with Human Immunodeficiency Virus (HIV), 15 July 2005.**

c. AR 600-9, The Army Weight Control Program, 27 November 2006.

d. AR 40-501, Standards of Medical Fitness, 14 December 2007.

e. AR 600-60, Physical Performance Evaluation System, 28 February 2008.

**2. This memorandum supersedes NGB-ARH Policy Memo 05-074, 7 October 2005,
subject: Policy for Accession and Retention in the AGR Program, Medical Fitness
Standards and Policy.**

3. Accession into the AGR Program requires the following Medical Fitness Standards:

**a. Soldiers must have a favorable Periodic Health Assessment (PHA) in accordance
with (IAW) AR 40-501, Chapter 3, conducted within 12 months prior to initial entry into the
AGR Program.**

**b. Soldiers must have a Human Immunodeficiency Virus (HIV) test within the last 24
months prior to initial entry into the AGR program IAW AR 600-110.**

c. Soldiers must meet the body composition standards prescribed in AR 600-9.

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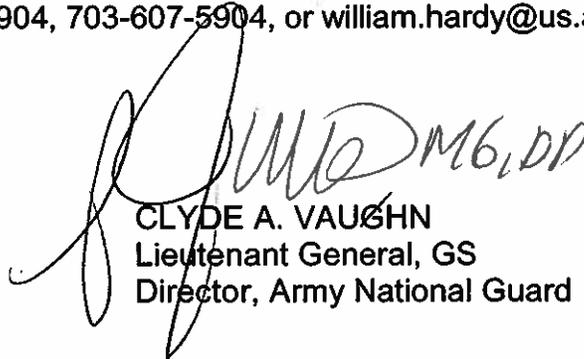
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d. Soldiers whose Physical Profile Serial (PULHES) contains a "3" or "4" must meet the requirements of AR 600-60 prior to entry in the AGR Program.

4. Soldiers with a favorable enlistment or appointment physical examination (IAW AR 40-501, Chapter 2) or flight physical examination (IAW AR 40-501, Chapter 4) conducted within 12 months prior to initial entry into the AGR program are not required to complete an additional PHA for entry in the AGR Program.

5. Periodic Health Assessments (IAW AR 40-501, Chapter 10) for entry in the AGR Program may be conducted at an active military medical treatment facility, an ARNG medical unit, US Army Reserve medical unit, or a civilian medical facility.

6. The point of contact is Mr. William Hardy, Jr., Acting Chief, Personnel Policy and Readiness Division, at DSN 327-5904, 703-607-5904, or william.hardy@us.army.mil.



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