

Open up

your best MilLife.

Connect to Military OneSource for everything you need to master your MilLife.

www.MilitaryOneSource.mil | 800-342-9647

HEALTHY & HAPPY



- Online personal health & wellness coaches
- Learn about building healthy relationships
- Tools to reduce stress and improve your mood
- Connect to nutrition, fitness and other free resources



KICKSTART YOUR CAREER



- Career coaching for spouses
- Scholarships and guidance on education
- Job fairs and employment partnerships



FIND FUN



- Get tips to maximize your R&R
- Find info about discounts on vacation, events, travel and more
- Connect to fun activities and events on and off-base

MASTER MONEY



- Financial counseling
- Help with saving, budgeting and managing debt
- Tax prep, e-filing software & consultations with MilTax

DEPLOY BOLDLY



- Tasks & considerations with Plan My Deployment
- Legal information for matters like powers of attorney
- Tips for preparing property – and people – for your absence

LET'S TALK



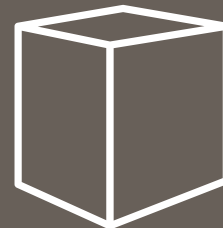
- Confidential non-medical counseling for things like relationships, parenting, stress and more
- Sessions by phone, live chat, video or face-to-face appointments

CARE FOR KIDS



- New parent support, help finding child care
- eBooks and online homework tutoring
- Fun activities, events and programs, on and off-base
- Tips for deployment, PCS and more

PCS LIKE A PRO



- Planning tools and resources, like MilitaryINSTALLATIONS, make for an easy move
- Help finding new housing, schools, doctors, child care and more
- Support for settling in



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**MILITARY
ONESOURCE**

All this and more.

Pick up the phone or live chat with us online to take advantage of all these products and services. They're free and at your fingertips.

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* For details and eligibility information, visit www.MilitaryOneSource.mil.



FREE Lease Translation

OCONUS? We'll translate anything official from a lease to a marriage license.

DOCUMENT TRANSLATION

FREE Fitness Coaching

One-on-one coaching for weight loss, wellness or stress management.

HEALTH & WELLNESS

FREE Tax Filing

Tax software made for the military, like filing in up to three states. Support from expert consultants.

TAXES

FREE Korean Lessons

Or Chinese, or Czech. Learn a language, or 70, online anytime.

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FREE Stuff for Parents

New parent support, parenting webinars, help finding childcare and more.

FAMILY

FREE Geometry Tutoring

Or physics, or other subjects. MilKids can get one-on-one help from real tutors online.

MWR DIGITAL LIBRARY

FREE Mood Boost

Download the Moodhacker app and learn to improve your mood.

INTERACTIVE TOOLS

FREE Counseling Sessions

Get up to 12 confidential non-medical counseling sessions for relationships, stress and more.

CONFIDENTIAL HELP

SAVE BIG On Travel

Discover discounts on flights, lodging and tickets - to movies, sporting events, attractions and more.

RECREATION

FREE Job Coaching

Spouses and transitioning service members: Get help finding and landing the job you've always wanted.

EMPLOYMENT & SECO

FREE Education Assistance

Guidance on training and certification, help finding scholarships and more.

EDUCATION

FREE Romance Rekindle

Access Love Every Day tool and use it to keep your relationship going strong.

INTERACTIVE TOOLS

FREE Financial Counseling

Get support in evaluating savings programs, retirement, setting budgets and more.

FINANCIAL

FREE Car Manuals

Access Chilton Auto Manuals for any make and model to inform DIY repairs.

MWR DIGITAL LIBRARY

FREE Help Moving

Tools for comparing cost of living and researching home values, info on moving allowances and more. Plus relocation experts.

PCS

FREE Stuff for Kids

Video storybooks, online learning and kid-friendly content on deployment and other military topics.

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