



Health and Wellness Coaching: Your partner in well-being

**Take command of your physical and mental fitness.
Meet your goals. Overcome stress.**

How can a coach help me?

Your board certified coach can help with:

- Weight management
- Fitness
- Nutrition
- Health management
- Stress management
- Life transitions

Who is eligible?

Health and wellness coaching is available to service members and their families, including teens. Survivors are also eligible.

What does a coach do?

Wellness is not one-size-fits-all. Your coach will work closely with you by phone or video to:

- Help you create an action plan
- Keep you on track
- Cheer your successes

Health and wellness coaches can also connect you with helpful resources through Military OneSource, such as interactive resilience tools, relationship support, education and career counseling.

How do I get started?

Call Military OneSource at 800-342-9647 or visit www.MilitaryOneSource.mil to schedule your appointment with a health and wellness coach.



U.S. Department of War