



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 other helpful resources through Military OneSource, like interactive resilience tools, relationship support, education and career counseling and more.

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.

