



# 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](http://www.MilitaryOneSource.mil) to schedule your appointment with a health and wellness coach.

