

# **MILITARY ONE SOURCE - HEALTH AND WELLNESS COACHING**

## **Eligibility:**

Confidential health and wellness counseling services are free and available to the following groups through Military OneSource:

- Active-duty service members and their immediate family members (enrolled in DEERS)
- National Guard and reserve service members (regardless of activation status) and their immediate family members (enrolled in DEERS)
- Designated Department of Defense expeditionary civilians and their immediate family members
- Honorably discharged veterans and retirees for 365 days post separation.
- Survivors spouses that have not remarried and children (under the age of 23)

## **Program Tenants:**

- Control – prompts personal responsibility
- Energy – sparks motivation
- Attitude – explores positive physical and emotional health
- Support – helps navigate change
- Self-confidence – increases confidence in one's ability to change
- Resilience – teaches strategies for bouncing back

## **Areas of Focus:**

Health and wellness coaches provide information, support, encouragement and accountability on

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

## **Coaches:**

- Interdisciplinary team of health professionals
- Coaches have at least a Bachelor's degree in a health related profession, but many have master's degrees in health related profession in addition to health and coaching related certifications
- Coaches are required to have clinical and behavior change expertise

## **Program Details:**

- Coach and participant will spend the first session identifying beliefs, values and vision of wellness and develop a realistic action plan that will help to achieve the participant's goals

- ✓ Clarify your focus (identify your beliefs, values and vision, and goals)
  - ✓ Set you up for success (create an action plan to achieve your goals)
  - ✓ Prepare you for the unexpected (eliminate roadblocks or barriers that stand in the way)
  - ✓ Keep you on course (hold you accountable for your goals)
  - ✓ Celebrate your achievements (acknowledge your hard work when you reach your goal)
- Each online session will last from 45 to 50 minutes. Health and wellness coaching sessions are available between 0900 to 2200(EST) Monday through Thursday, 0800 to 1300 (EST) on Fridays and in special circumstances 0900 to 1300 (EST) on Saturdays
  - There is no limit to the number of coaching sessions utilized and access to the program is available for up to one year per each area of concern

**Accessing Service (800-342-9647):**

- Secure Video Chat
- Telephonic
- Secure Online Chat

**Record Keeping:**

- Proof of Participation – documentation/letter stating program participation available by request directly from user
  - Health & Wellness Coaching is currently an approved Fitness Improvement Program option as a listed in the Air Force Instruction 36-2905; Chapter 6, page 46 paragraph 6.2