

# Take Command of Your Well-Being With a Health and Wellness Coach

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Losing weight, managing stress, tackling transitions - if you're ready to make some life changes, free consultations with Military OneSource health and wellness coaches can help you set goals and create a plan to reach them.

You can be more successful in reaching your maximum potential when you have a coach cheering you on. Military OneSource health and wellness coaches stand ready to be your personal cheerleader.

## How can a health and wellness coach help me improve my life?

Having a health coach in your corner helps you make a plan, focus on results and reach your goals. The top five ways a wellness coach can improve your life are by helping to:

- 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)

## What topics and goals do health and wellness coaches support?

Health and wellness coaches provide information, support, encouragement and accountability on specific topics including:

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

You can get personalized help 365 days a year by telephone and online.

Overseas? [See OCONUS calling options.](#)

Prefer to live chat? [Start now.](#)

## How can a coach help with life transitions?

Having a plan can sometimes make major adjustments and life changes easier. A Military OneSource health and wellness coach can help you make a plan before or during those life transitions when you're adapting to changes such as deployment, moving, becoming a new parent or retirement.

## Who's eligible for health and wellness coaching?

The [Military OneSource Health and Wellness Coaching Program](#) is a free resource for eligible service members (regardless of activation status) and certain others including:

- Active duty
- National Guard
- Reserve members
- Immediate family members and survivors of active-duty, National Guard and reserve members

## How do I get started with a health coach?

Call 800-342-9647 to sign up for health and wellness coaching sessions. You can choose from three [Health and Wellness Coaching Program](#) session options:

- Phone
- Secure, real-time online chat
- Secure, real-time video session

## Are there self-directed wellness programs available?

If you prefer to work without a coach, visit the [United States Department of Agriculture MyPlate Plan](#) to try a self-directed online program that tracks things like nutrition and exercise.

You're one call away from starting to live a healthier life. Call today for the information, support, encouragement and accountability a Military OneSource health and wellness coach can give you.