



Now Offering Virtual Health Coaching!

How to schedule:

1. Send us a Facebook message or email us at usarmy.jbsa.medcom-bamc.mbx.army-wellness-jbsa@mail.mil.
2. Our Health Promotion staff will reach out to you to schedule your appointment and send you an email with your unique contact instructions.
3. On the day/time of your appointment, simply use the contact information provided in your email to connect with your health coach!



Let our Certified Health Educators help you with:

- ⇒ Healthy Meal Planning
- ⇒ Fitness Goal-Setting
- ⇒ Macro-nutrient Recommendations
- ⇒ Stress Management
- ⇒ Sleep Hygiene
- ⇒ Health and Wellness Goals

It's as easy as

1 2 3

You set the goals and we'll help you achieve them!