

## Where:

- ❖ Fox Army Health Center
- ❖ 4100 Goss Rd
- ❖ Wellness Clinic located on the 1<sup>st</sup> floor next to Blue Team Clinic

## Target Audience:

- ❖ New Beneficiaries to FAHC.
- ❖ *All military beneficiaries* and DoD civilians interested in moving toward a *Lifetime of Wellness*.

## Limitations:

- ❖ No children under 17

## Class Times:

Monday 1200 and  
Friday 0830

Note: Class is 90 minutes.

## Wellness Coaching Times:

By appointment, 30  
minutes sessions.



## Seminar Agenda:



- ❖ Welcome/Purpose
- ❖ Healthy Lifestyles Class:
  - Nutrition Information
  - Exercise Advice
  - Stress Management Tips
  - Wellness Screenings
  - Tobacco Cessation
- ❖ Self-Care Class: Learn levels of care and use of medication entitlement card for free over-the-counter medications
- ❖ Orientation to Fox Army Health Center website and ancillary services
- ❖ Orientation to Fox appointment booking resources
- ❖ Health Risk Appraisal
- ❖ Individual Coaching Sessions (Separate Appt time):
  - Wellness screenings
  - Special needs
  - Activity guidance



## ***Advantages of attending...***

- ❖ Learn healthy habits and how to improve your not-so-healthy ones!
- ❖ A personal review of your health & wellness screening plan
- ❖ Learn to save time & money by using your Self-Care Medication Entitlement Card for FREE over the counter medications at the Pharmacy—no Primary Care Manager (PCM) appointment needed!
- ❖ Receive your FREE copy of the Taking Care of Yourself handbook valued at \$18.50
- ❖ Frustrated with the phone system? Learn about access to care through TRICAREOnline, and Relay Health e-mail and text messaging system
- ❖ Tour the Fox Army Health Center website

To prevent any problems with healthcare enrollment, ensure your family's demographic information is up to date.

Call 1-800-538-9552 to update e-mail address, home address and phone numbers,

or

Go to the DEERS website:

<https://www.dmdc.osd.mil/appj/address/indexAction.do>

Fox Army Health Center website:

<http://www.redstone.amedd.army.mil/>

***Enroll now by calling:***

**Fox Army Health Center  
4100 Goss Rd  
(256) 955-8888 ext 1440**



# ***Welcome to Wellness Seminar***



**Fox Army Health  
Center**

**Presented by the Wellness  
Clinic**