

Where:

- ❖ Fox Army Health Center
4100 Goss Rd
- ❖ Wellness Clinic located on the
1st 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:

**Tuesday 0830-0930 and
Friday 0830-0930**

(Please check-in 15 min. prior to
class start time.)

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
 - Alcohol in Moderation
- ❖ **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 a medical self-care guide
- ❖ 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

Wellness Clinic