

Wellness Web Portal

www.USAFWellness.com



The USAF Wellness Support Center is a free wellness website portal with resources and tracking tools accessible to DAF Civilian employees 24/7. Create an account today and access FREE online tools to assess your health and find resources to reach your goals for a healthier and more balanced life.

Personalize your Account

Once you create an account and log in to the USAF Wellness Support Portal, you can fill out a Health Risk Assessment (HRA) and receive a personalized wellness report with recommendations based on your individual answers.



Additional tools offered include:

- View your local Civilian Wellness event calendar.
- Log workouts, steps, food intake, and track progress with weight and other biometrics (e.g., blood pressure, cholesterol, blood sugar).
- Participate in structured daily tasks to work towards exercise, nutrition, mindfulness and resilience goals.
- Try a new workout from our video collection!
- Check out the Health Library for a wealth of information on health topics.
- Get support from your Allies (i.e., friends, co-workers) as you work to achieve goals.



Everyone experiences daily stressors and challenges. Workplace health and wellness programs such as EAP and CHPS are designed to help employees manage day-to-day life and find an optimal state of wellness.



Employee Assistance Program (EAP)

1-866-580-9078 (TTY 771)

<https://www.resilience.af.mil/Workforce-Resource/>



Civilian Health Promotion Services (CHPS)

DAF.CivilianWellness@us.af.mil

Have an aging parent?

Participate in a wellness challenge

Need a career coach?

We Provide Wellness-Driven Solutions

going off to college?

Locate a new sitter

Hire a plumber



**CIVILIAN
WELLNESS**

USAFWELLNESS.COM

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LIVE YOUR LIFE SMARTER

In partnership with

+ EMPLOYEE ASSISTANCE PROGRAM (EAP)
CIVILIAN HEALTH PROMOTION SERVICES (CHPS)

Our Mission is to Support Your Wellbeing



We are here to help you thrive. You are an important member of our team and we prioritize your wellbeing. That's why we offer a comprehensive approach to wellness with services to support your physical, social, mental and overall health.

What is CHPS?

(Civilian Health Promotion Services)



Civilian Health Promotion Services (CHPS) is a program providing free resources to help individuals maintain and improve their health and wellbeing.

Our commitment is to improving your overall quality of life by reducing your risk of preventable health conditions and providing opportunities for lifestyle changes through screenings and education.

- Wellness Screenings
 - Cardiac Risk Profile
 - Blood Pressure
 - Body Composition
 - Skin Analysis
- Health Consultations
- Health Education Classes
- Health Awareness Campaigns
- Wellness Challenges
- Virtual Health & Wellness Consultations
- Virtual Health Education Classes



What is EAP? (Employee Assistance Program)



EAP works for you. Accomplish everyday activities from daily tasks to more complex issues. Your Employee Assistance Program (EAP) is free, confidential, and voluntary. Access a variety of resources, tools, and services to **Live Your Life Smarter**. EAP is here to support you and your household members - **24/7, online, in-person, by phone and video conference**.

» Work-Life: Everyday Needs

From child care and education to moving, home repair, grocery delivery, eldercare, and beyond, we've got you covered! Let us take on your never-ending to-do list, so you can focus on what truly matters.

» Financial Services

Connect with advisors to embark on a journey towards financial peace of mind and greater stability including debt consolidation and retirement planning.

» Legal Services

Obtain expert guidance, document preparation, divorce, child custody and general assistance to address various legal issues promptly and effectively

» Healthcare Resources

Get the support you need for your health journey. We're here to help you find the right specialists, set up appointments so you can focus on getting the care you deserve.

» Counseling

Access a nation-wide network of licensed counselors. Available in-person, by text message, live-chat, phone, or video conference. Includes up to 6 free counseling sessions per household member.

» Life Coach

Life coaches are available for guidance and support to help define and exceed both personal and professional goals.