

MILITARY ONE SOURCE CONNECTION



Keeping you informed about products and services

1-800-342-9647

Are Taxes Stressing You Out?



Military OneSource is here to help reduce your stress with H&R Block at Home® (formerly Taxcut) Basic online tax filing, plus consultations by phone with our experts, all *free* to active duty, Guard, and Reserve members and their families.

Free online filing

Prepare and file your 2009 state and federal taxes with our customized version of the easy-to-use H&R Block at Home® Basic online tax-filing program. To access

this free service, go to www.MilitaryOneSource.com and click on the tax outlet on the homepage. Please note that you must be registered and logged into the Military OneSource Web site to use the free Military OneSource customized tax product.

Free tax consultations at 1-800-730-3802

Our tax consultants are available 7 days a week from 7 a.m. to 11 p.m. Eastern Time. Just call the Military OneSource Tax Hotline at 1-800-730-3802.

Meet Us in the Socialsphere



Are you our fan on Facebook? Following us through Twitter? Reading our blog?

These channels help us get word out fast about our products and services. Our blog highlights news and issues affecting military members and steers readers to appropriate resources and support. Through Twitter and Facebook we're keeping you up-to-date on our offerings and reminding you of all the ways Military OneSource is here to help.

Our more than 18,000 Facebook fans are also using our page to connect with each other, offering moral support, insights into military life, and the comfort of shared experiences.

Here is a recent post from a Facebook fan:

I just have to say, Military OneSource has saved me a TON this deployment! My husband has been gone for over a year now, and should be home soon! They've helped me with major weight loss, managing the household, and giving me a place to turn... I am so thankful for this site, I can't say thank you to it enough.

You can follow Military OneSource on Facebook and Twitter by visiting www.MilitaryOneSource.com and clicking on the Twitter and Facebook icons on our homepage. To read our Military OneSource blog, go to www.MilitaryOneSource.com, click on the Tools tab, and then go to "Blog Brigade."

Is Someone You Love Coming Home from Combat?



You'll feel so relieved when your spouse comes home from a combat deployment. But if you're like most couples, you'll find that combat changes things—including relationships. You'll need time and patience to transition to life together again.

Our free 32-page graphic novel, *Coming Home: What to Expect, How to Deal When You Return from Combat* can help both of you.

Order from Military OneSource by phone at 1-800-342-9647, or from www.MilitaryOneSource.com (type "Coming Home" in the search box).

Note: This book is not intended for children or adolescents.

Before You Grab That Donut ...

Check Out Our Online Health and Wellness Resources



The fast pace of military life can make it hard to stick to healthy routines, like paying attention to what you eat, getting more exercise, and taking time to relax.

That's why we've created a top-notch cluster of online health and wellness resources—a kind of “virtual health club”—to help you change your habits for the better and stick with the program.

Healthy Habits Personal Coaching

Our Healthy Habits Health Coaching gives you the extra attention and encouragement that can help you make positive changes and stay on track. The key? Individualized coaching and a focus on making change one step at a time.

Our **Life Health Assessment program** provides a global evaluation of your health and your motivation to change. Answer questions online and receive a detailed personal report that helps you understand how to make real, lasting changes.

Our year-long “**iCan**” coaching programs help you achieve your



health goals—to lower your risk for heart disease, maintain or reduce your Body Mass Index (BMI), or minimize the stresses of everyday life. Features include a telephone or online personal health coach, a personal homepage with a tracker, and interactive tools.

- **iCanChange** helps you learn how to fuel your body with healthy foods, begin a program of enjoyable physical movement, and relax more easily.
- **iCanRelax** helps you become aware of stress and how it affects you, plus learn ways to handle reactions to stressful demands and changes (a six-month program).
- **iCanThrive** helps participants who have cardiovascular risk factors, or people who have already suffered heart disease or stroke.
- **iCanAchieve** can help teens maintain a healthy lifestyle focusing on nutritious eating, more physical activity, and less screen time.

To learn more about Healthy Habits Health Coaching or to begin one of the programs, go to www.MilitaryOneSource.com and click on “Health Coaching” at the bottom of the homepage.

This Just In...

From a Military OneSource User

My Healthy Habits coach helped me stage my weight loss so it didn't seem like something beyond my control. First, I started drinking more water instead of the soda I drank so much of. Then I changed my eating habits. After I had my eating habits under control, she helped me to stage my exercise. I started slowly by walking, then running.

Over the course of four months I lost 45 pounds. I attribute this success to the Health Coach who helped me set realistic expectations, gave me positive reinforcement, and kept me on course. I would recommend this program to anyone.

About Military OneSource

This free 24-hour service from the Department of Defense is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. Free face-to-face counseling in the local community (up to twelve sessions per issue) is also available to service members and family members. To reach the program call 1-800-342-9647 or access the Web site at www.MilitaryOneSource.com.

Health Calculators

Are you an apple or a pear? And what difference does it make? Use our online Health Calculators to find your waist-to-hip ratio, BMI, and ideal body weight in less time than it takes to get a snack from the vending machine. Go to www.MilitaryOneSource.com and click on the “Tools” tab at the top of the page, then on “Health Calculators.”

Like all Military OneSource resources and programs, our health and wellness resources are free to all active duty, Guard, and Reserve members and their families.

Military OneSource

By phone, online, and face-to-face

You name it. We can help—24/7!

1-800-342-9647

Overseas: xx-800-3429-6477 (Country access codes can be found online)

Collect from Overseas: 484-530-5908
(Dial an international operator first)

En español llame al: 1-877-888-0727