

**The Best
Part...AWC
Services Don't
Cost You
Anything!**

Frequently Asked Questions:

Q: Do I need a referral to be seen in the Army Wellness Center:

A: There are three ways to be seen in the Wellness Center:

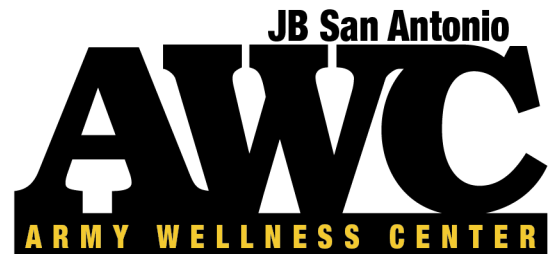
- Self-referral
- Referral by a healthcare provider
- Referral by your unit

Q: Can family members and retirees be seen in the AWC?

A: All Military Health System beneficiaries are eligible for AWC services.

Q: What if I PCS?

A: All visits are charted in your electronic health record and also in the AWC web-based system so your record will follow you and you can pick up where you left off with your wellness plan.



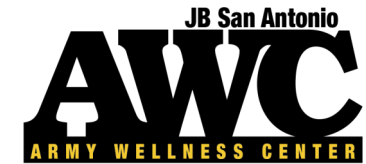
ARMY MEDICINE...ARMY STRONG



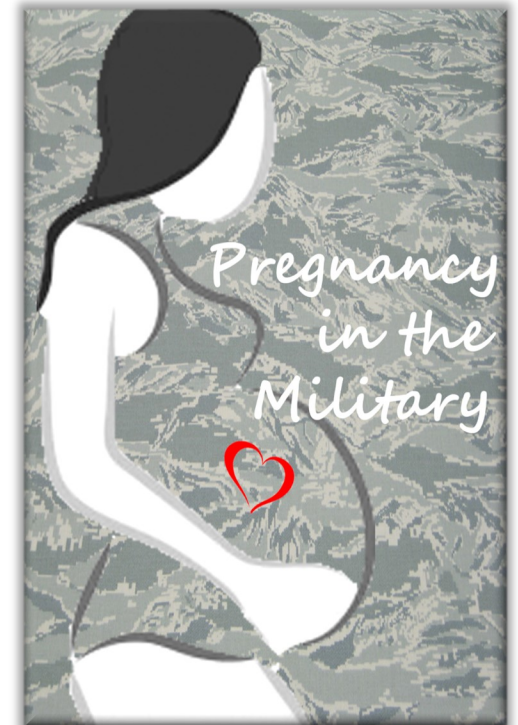
Army Wellness Center

Located Inside the Vogel Resiliency Center
(next to the Post Office)
2490 Stanley Road, Bldg. 367
Fort Sam Houston, JBSA TX 78234

Phone: 210-539-1254



**The Army
Wellness Center,
Pregnancy, and YOU!**



***Supplements Army P3T program to
serve pregnant and postpartum
soldiers of all branches in the Military**



Congratulations on your pregnancy! Maintaining your physical wellness is an important step in your pregnancy journey; the Army Wellness Center can help. We offer the following recommendations:

Step 1

BEFORE DELIVERY

EDUCATION CLASSES

- *Pregnancy Nutrition* within 2 weeks of pregnancy diagnosis
- *Stress Management During Pregnancy* between 12-20 weeks of pregnancy
- *Healthy Sleep During Pregnancy* between 12-20 weeks of pregnancy



HEALTH COACHING

- *Pregnancy Exercise Plan* within 2 weeks of pregnancy diagnosis
- *Post-partum Home Exercise Part 1* at 30 weeks of pregnancy

INDIVIDUAL STRESS MANAGEMENT SERIES

- *Deep Breathing and Mindfulness Series* between 14– 24 weeks of pregnancy



STEP 2

12 WEEKS POST-PARTUM

**UNCOMPLICATED DELIVERY*

HEALTH COACHING

- *Post-partum Exercises Part 2* at 12 weeks post-partum, or when returning from convalescence leave



ADDITIONAL AWC SERVICES, IF NOT NURSING

- *BODPOD*
- *Metabolic Assessment with Upping Your Metabolism Class*
- *Fitness Assessment*
- *PREP Room*

ADDITIONAL AWC SERVICES, IF NURSING

- Health Coaching, as needed
- Deep Breathing and Mindfulness Series, as needed

OR

STEP 2

12 WEEKS POST-PARTUM

**COMPLICATED DELIVERY*

HEALTH COACHING

- *Post-partum session* at 12 weeks post-partum, or when returning from convalescence leave

INDIVIDUAL STRESS MANAGEMENT SERIES

- *Deep Breathing and Mindfulness Series*, as needed

