

MarineAdvisor

Coaching for Personal Success

FREQUENTLY ASKED QUESTIONS



Marines and Sailors

What is MarineAdvisor?

MarineAdvisor is a personal coaching program for Marines, Marine Reservists and Sailors, assigned to Marine Corps units, who have deployed at least once. MarineAdvisor can help you achieve your personal goals in areas such as wellness, money management, work/life balance and career development. You work with a personal coach to identify your goals, create an action plan and stay on track.

Who is eligible?

Marines, and Sailors assigned to Marine Corps units, who have completed at least one deployment. Marine Reservists who have deployed at least once are eligible for services, including those serving in Select Marine Corps Reserves (SMCR), Active Reserves (AR), Individual Mobilization Augments (IMA) and Individual Ready Reserves (IRR).

How much do the coaching services cost?

The coaching services are provided at no-cost to participants. The program is funded by the U.S. Navy Bureau of Medicine and Surgery.

How can MarineAdvisor coaching help me?

Working with a coach can help you achieve better progress and results with your personal goals. Your coach will help you get clear about your goals, create a personal action plan, anticipate and overcome obstacles and stay on track. Like an athletic coach, your MarineAdvisor coach helps you stay focused and motivated, so you can achieve your goals.

In what areas can I use coaching?

Coaching can be applied to any area of life in which you want to create an improvement or make a change. Some examples include weight management, physical fitness, nutrition, quitting tobacco, sleep habits, financial and career goals, health condition management, stress management, parenting, family, relationships, moving, retirement or separation.

How is coaching different from other services?

MarineAdvisor services are different from other U.S. Marine Corps services because coaches don't provide expert advice or recommendations and they don't diagnosis or provide treatment. The services are non-medical. Coaches act as partners in a change process that helps you achieve whatever goals you set. Your coach can help you take action on advice or recommendations you may have received from other professionals.

How many coaching sessions am I allowed?

There is no limit to the number of coaching sessions or the number of times you can work with a MarineAdvisor coach. Our coaches will work with you until you achieve your goals. You are welcome to come back later for additional services. You may end coaching services at any time. All you have to do is tell your coach that you would like to stop participating. Marines may continue to use MarineAdvisor services for 90 days after EAS. Sailors who are reassigned from Marine Corps units also have 90 days to use MarineAdvisor services.

Is MarineAdvisor confidential?

Yes. MarineAdvisor coaching services are completely confidential, except in emergency situations that require reporting by law. They do not become part of a service member's medical or personnel records.

What are your operating hours?

MarineAdvisor coaching services are available Monday through Saturday 0800 to 2400 ET, excluding federal holidays. You will be able to work with your personal coach by phone, email and text from any location. MarineAdvisor services are not available in person.

How can I sign up for MarineAdvisor coaching services?

Eligible Marines and Sailors can sign up for the program by calling 855-763-7542, emailing info@mymarineadvisor.com or visiting <https://www.mymarineadvisor.com>.

