

# MarineAdvisor

Coaching for Personal Success

## FREQUENTLY ASKED QUESTIONS



## Service Providers

### 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 Marines and Sailors achieve their personal goals in areas such as wellness, money management, work/life balance and career development. Participants work with a personal coach to identify their 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 can MarineAdvisor help Marines and Sailors?

Working with a coach can help Marines and Sailors achieve better progress and results with their goals. A coach helps them get clear about their goals, create a personal action plan, anticipate and overcome obstacles and stay on track. Like athletic coaches, MarineAdvisor coaches help Marines and Sailors stay focused and motivated, so they can achieve better results.

### In what areas is coaching used?

Coaching can be applied to any area of life in which a Marine or Sailor wants 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, preparing for deployment, moving, retirement or separation.

### How is MarineAdvisor 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 them achieve whatever goals they set. Coaches can help participants take action on advice or recommendations they may have received from other professionals.

## **How does MarineAdvisor work with other service providers?**

Coaches help Marines and Sailors identify relevant services as they create and implement action plans. MarineAdvisor complements other services or medical care, supporting better outcomes. For example, a provider may refer a Marine or Sailor receiving other care or services to work on goals such as pursuing an exercise regime, medication management, better communication with family members, setting and adhering to savings/spending plans or other personal goals that support quality of life and treatment outcomes.

## **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. MarineAdvisor services are available by phone, email and text from any location. MarineAdvisor services are not available in person.

## **Refer a Marine or Sailor to MarineAdvisor or contact us to schedule a briefing today.**

Call 855-763-7542, email [info@mymarineadvisor.com](mailto:info@mymarineadvisor.com) or visit <https://www.mymarineadvisor.com>.

