



2025 Surgeon General's Blue H Health Promotion and Wellness Award Tips

As of 2/7/2025

The Surgeon General's Health Promotion and Wellness Blue H Award is for commands who endeavor to promote health. This guide gives tips and pointers on how to promotion health and easily meet the requirements and support your goals for excellence.

Overall Notes

- Your command DOES NOT have to be a Medical Command or have a Medical Department to apply.
- All branches of the service are welcome.
- Reserve Officer Training Commands (ROTC) and Junior Reserve Officer Training Commands (JROTC) are also welcome to apply.
- It is most important commands start addressing the Plan of Action criteria very early in the calendar year and consistently continue to address them throughout the year. Using the Plan of Action engages the chain of command early, helps gain support, and becomes the actual submission document once complete. Waiting to address the criteria until later in the calendar year can be overwhelming.

Please see the Navy email for the **Blue H Program Manager** group with questions NOT an individual. The Address is: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-blue-h-manager@groups.health.mil

Criteria Notes

Review Plan of Action Criteria the First Chance You Get

There are updates every year that reflect changes in priorities and regulations. Do not use a prior year's version.

Navy Medicine and Readiness Training Centers and Units (NMRTC/U)

NMRTU's have the option of doing their own award or joining with NMRTC. If you join with NMRTC, separate ribbons are not sent.



NAVY AND MARINE CORPS FORCE HEALTH PROTECTION COMMAND IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

NMRTU's Far Away from Parent Command

If your patients cannot go to your parent command to take advantage of the resources there, plus your staff does not have the capability to supply all health promotion and wellness resources, you are allowed to use the FLEET criteria vice the MEDICAL criteria.

Navy Reserve Commands (NRC) or Marine Corps Reserve Commands

- Active Duty AND Reservists are required to be part of your total population.
- Most submit as one Command, but if detachments are geographically distant, they can submit on their own.

Sign Up for the Blue H Distribution List

- Email usn.hampton-roads.navmcpublthcenpors.list.nmcphc-blue-h-manager@groups.health.mil
- Updates are typically sent the last week of the month. More if updates are critical. We try not to send too many emails. We are known spammers, and the emails may end up where you do not expect. Check your "junk" file or "other" tab.
- READ THE UPDATES! Most of the questions the Blue H Team are asked were just answered in a recent update email.

Monthly Topics

There are three different levels of health promotion. These are:

Awareness Level

This is the most common and least expensive of health promotion and wellness efforts. This is the simplest to accomplish and there are many resources on our website.

- If you use non-government resources, please know that the Navy Judge Advocate General's office does NOT allow using any non-government source that requests donations/fees or advertises other products or services.
- There are no required monthly topics anymore. This allows you to choose the topics that relate to your command. Suggestions are made throughout the Plan of Action, but the month that information is shared is not mandated.
- There are many military website resources:
 - NMCFHPC Warfighter Wellness site at: <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Warfighter-Wellness>
 - DHA Warfighter Wellness: www.warfighterwellness.org



NAVY AND MARINE CORPS FORCE HEALTH PROTECTION COMMAND IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

- You Can Quit 2: <https://www.ycq2.org/>
- Own Your Limits: <https://ownyourlimits.org/>
- Too Much Too Lose: <https://toomuchtolose.org/>
- DHA App Library: <https://mobile.health.mil/>
- Human Performance Resources by CHAMP: <https://www.hprc-online.org/>
- Operation Supplement Safety: <https://www.opss.org/>
- Medline Plus: <https://medlineplus.gov>
- Military One Source: <https://www.militaryonesource.mil/>
- Human Performance Resources by CHAMP: <https://www.hprc-online.org/>
- Most non-military recommended websites:
 - Centers for Disease Control and Prevention: <https://www.cdc.gov/>
 - National Institutes of Health: <https://www.nih.gov/>

Education Level

This second step can be a little more expensive than awareness level. This typically includes any class whether in-person, online, or virtual.

Resources include:

- Navy Environmental Preventive Medicine Units are available to help with regional training.
- Relias: There are many wellness webinars in Relias. Recommend searching “Employee Wellness” for a great list of classes available.

Ideas:

- Show a video during Safety Stand down or over Ships TV.
- Send link to video or class via email or Plan of the Day/Week.
- Invite a guest speaker to your command. Virtual classes make this option more available, so don’t hesitate to ask.

Intervention Level

This is becoming even more available with telehealth and video conferencing. These are more focused and time intensive courses such as Tobacco Cessation, Diabetes Self-Management Training (DSMT), and Mental Health Group Therapy.

Resources:

- Mental or Behavioral Health at local NMRTC.
- Tobacco cessation counseling and support at local NMRTC.
- VA/DOD Diabetes Education Virtual Classes.



NAVY AND MARINE CORPS FORCE HEALTH PROTECTION COMMAND IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

Current Courses

There are two HP trainings available, and none are required at this time. They are highly recommended as there is a lot of helpful information.

- Navy Health Promotion Basics: JKO course number US699. This is waiting for review and update with recent command changes. The completion certificate does not always populate properly, so reach out to the training team at: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-hpw-training@health.mil
- HP Advanced: This course is held virtually and dates can be found in the Blue H Updates, DHA SharePoint (not all have access), and on the Training Website at <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Health-Promotion-and-Wellness/Training/>

Health Fairs

These are a good way to get many people or groups together to discuss program availability or topic awareness to a large group. These are best done along with another event or program going on. I.e. Safety Stand Down, challenge event, etc. Ideas for local organizations to contact that will likely have information to share or can support your efforts:

- NMRTC/U.
- Regional NEPMU.
- Command or local Safety Department.
- Morale Welfare and Recreation: Gyms, Events, Equipment rental, etc.
- Fleet and Family Services.
- Chaplain.
- Other like commands in your area.
- Mental or Behavioral Health.
- Exchange/Commissary: Be sure they know this is a health focused event.
- More – this is a good list to get you started. Others may be appropriate as well.

Note: It is NOT recommended/prohibited to have organizations that sell items off base (Costco, pampered chef, etc.) provide a table as this is a direct conflict of interest.



NAVY AND MARINE CORPS FORCE HEALTH PROTECTION COMMAND IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

Challenges

We know that there are many challenges available that your command can use to encourage healthy behaviors. If you know of a challenge not listed on the SharePoint or website, please send the information to Blue H group email, so we can review, approve, and add so others can know about it as well. Some examples of challenges are:

- 30 Day Fitness Challenges.
- National Walk (10,000 Step) Challenge.
- Weekly push up challenges.
- Monthly progressive plank challenges.
- Stair count to climb a local mountain challenge.

This is YOUR Tips Guide

If you have a great idea, see new resources, find a new challenge, or create a new endeavor – please let us know! We will gladly update this and upload to the website for others to enjoy. The SG Blue H may be command specific, but the more we work together to promote health, the better chance our healthy behavior messages may be understood and spread.

Thank you for all you do to support our active duty and beneficiaries!

Acknowledgment of Support and Disclaimer: This material is based upon work supported by the DoD Information Analysis Center Program Management Office (DoD IAC PMO) and sponsored by the Defense Technical Information Center (DTIC) and the Navy and Marine Corps Force Health Protection Command (NMCFHPC) under Contract No. FA807518D0005-FA807523F0016.