

A complete resource for Wounded, Ill, or Injured Sailors and Marines.

The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department provides evidence-based health promotion programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors in those who are wounded, ill, or injured (WII).

NMCPHC HPW is a one-stop shop for relevant and credible health promotion information on the following topics for WII Sailors and Marines:

- ▶ Active Living
- ▶ Healthy Eating
- ▶ Sleep
- ▶ Caregiver Support
- ▶ Life After an Amputation
- ▶ Substance Use and Misuse
- ▶ Case Management
- ▶ Post-Traumatic Stress Disorder
- ▶ Tobacco Free Living
- ▶ Injury and Violence Free Living
- ▶ Psychological and Emotional Well-being
- ▶ Integrative and Complementary Medicine
- ▶ Relationships and Intimacy
- ▶ Traumatic Brain Injury
- ▶ Weight Management

To learn how our programs can help facilitate recovery and strengthen resilience, visit us at

WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX.

For more information on your local resources, contact:



YOU SERVE. WE PROTECT.



Health Promotion and Wellness for Wounded, Ill, or Injured Sailors and Marines



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Healthy Eating for WII

  If you are recovering from a wound, illness, or injury, your body needs the right balance of nutrients to support the healing process. We have the educational resources and materials you need to help you select nutrient-dense, healthy food for a more rapid and successful recovery and optimal well-being.

Active Living for WII

  Your personal best is in reach. Active living can help you reach it. Whether your goal is to lift groceries with ease, find a workout regimen to get in shape, or train like a professional athlete to compete in the Warrior Games, we can help you meet your fitness goals.

Weight Management for WII

  Achieving a healthy weight that is right for you can take some time, and it is important to keep in mind that even small changes in weight can affect your body's ability to heal and recover. We have the tools and resources to help you lose or gain weight, or maintain a healthy weight.

Tobacco Free Living for WII

  Tobacco is a dangerous addiction that's expensive, deadly, and has a serious impact on healing and recovery. Those who smoke can experience longer hospital stays and delayed wound healing. We can help you quit tobacco use and keep your family safe.

Psychological and Emotional Well-being for WII

  Being wounded, ill, or injured can have a major impact on your psychological and emotional well-being. We can help you cope with stress and strengthen your resilience so you can overcome and navigate the challenges you face.

Health Promotion and Wellness for Wounded, Ill, or Injured Sailors and Marines

Injury and Violence Free Living for WII

  A new or aggravated existing injury could derail and prolong your recovery and increase your physical and psychological stress. We offer you practical tools, educational resources, and evidence-based injury prevention strategies to help keep you on the path to recovery and optimal health.

Substance Use and Misuse

  Using illegal drugs, misusing medications, or consuming excessive amounts of alcohol can complicate healing and prolong recovery. We have the educational materials and resources to help you understand, avoid, or overcome the negative effects of excessive alcohol use, illegal drug use, and misuse of over-the-counter or prescription medications and support your recovery and return to optimal health.

Relationships and Intimacy

   Through your service, you may have experienced a wound, illness, or injury that impacted your psychological, emotional, and/or physical well-being; disrupted your everyday routine; or interrupted your personal relationships and social life. We offer you resources that include strategies and suggestions for nurturing personal relationships and achieving physical and mental wellness.

Pain Management

 Effective pain management can help relieve pain and suffering, and improve your quality of life. We are committed to helping you understand how pain can impact your daily life as well as the lives of your family members and caregivers.

