

➤ CHPS Virtual Services

Visit USAFwellness.com

- Access health & wellness features 24/7
- Take a Health Risk Assessment
- View the CHPS Video Library and local CHPS/EAP event calendar
- Track and sync exercise and nutrition info from apps/wearables like Fitbit® and MyFitnessPal™
- Diet ID dietary assessment tool
- Les Mills fitness classes
- Download the “Motivation Alliance” App from your mobile app store

Virtual Wellness Services

- Virtual Health Presentations (check the web calendar for weekly offerings, or schedule a presentation for your unit)
- Virtual One-on-One Health and Wellness Assessments
- Wellness Challenges

Tell us Your Thoughts!



If you have any questions, please contact: CHPSsupport@us.af.mil

