

TESTIMONIALS

“As we recover from years of high stress and uncertainty, getting informed of our current health and ways to improve or sustain it is critical. This also helps with our overall wellness. The CHPS staff was very pleasant and professional. I appreciate their kindness and input on how I can implement minor changes to encourage a healthier lifestyle.”


“This was my first wellness screening with CHPS and I’m happy that I went and will go again in the future. The team was very friendly and professional while explaining my results and provided suggestions on what I can do to improve my numbers. It was a very relaxed and non-judgmental screening. I will recommend this service to my fellow co-workers. Thank you for providing it for us.”

“Exactly one year ago all of my health indicators were very high and it served as my wake up call. After that initial screening I actually implemented the lifestyle changes recommended by the CHPS staff. One year later all my numbers are significantly better. This is an amazing program and I hope that more civilians take advantage of it.”




CONTACT INFORMATION

JB Charleston CHPS

 (843) 963-8847

 nicole.m.moore74.ctr@health.mil

 205 West Hill Blvd. Bldg. # 225 HAWC



DEPARTMENT OF THE AIR FORCE

CIVILIAN HEALTH PROMOTION SERVICES



MENTAL



PHYSICAL



SOCIAL



SPIRITUAL



DAF CIVILIAN HEALTH PROMOTION SERVICES

Civilian Health Promotion Services (CHPS) is a program providing free resources to help individuals maintain and improve their health and well-being. CHPS services are available to DAF Civilian employees. Currently, CHPS offers in-person and virtual services at the following 29 Installations: Edwards, Eglin, Hanscom, Hill, Robins, Tinker, Wright-Patterson, JB Charleston, JB McGuire, MacDill, Scott, Travis, Hurlburt Field, Davis-Monthan, JB Langley-Eustis, Nellis, Offutt, Altus, JBSA, Keesler, Luke, Maxwell-Gunter, Barksdale, Kirtland, Los Angeles, Patrick, Peterson, and Vandenberg.

Our commitment is to improve your quality of life, reduce your risk of preventable health conditions, increase your awareness of nutrition and health, and provide opportunities for lifestyle changes through screenings and education.

WELLNESS SCREENINGS

Knowing your numbers is one of the most important steps to maintain your health. CHPS offers many wellness screenings that can aid in improving your health.

The **Cardiac Risk Profile (CRP)** is a fingerstick screening offered once per fiscal year to check total cholesterol, LDL, HDL, triglycerides, blood pressure and blood glucose.

Blood Pressure, also known as the silent killer, is important to check regularly.

Body Composition gives an in-depth look into skeletal muscle mass, body fat percentage, total body water, and basal metabolic rate.

Skin Analysis allows you to take a look at the deeper layers of your skin and provides information to discuss with your primary care physician regarding sun damage, aging, and other skin conditions.



HEALTH EDUCATION

CHPS offers a wide variety of health education topics both in-person and virtually such as nutrition, physical activity, sleep, stress management, chronic conditions, and more! Learn helpful information and steps to take to feel better and reduce your risk of disease. Classes can be presented in all types of settings at your worksite such as commander/director calls, wingman day events, and lunch-n-learns.



Eligible population:

- Department of Air Force (Air and Space) - APF and NAF Civilian Employees
- Air Force Reserve and Guard Civilian Employees
- Army Civilians assigned to Air Force-led Installation

VIRTUAL SERVICES

CHPS has additional health and wellness services available on virtual platforms for increased accessibility to the workforce.

Virtual Health and Wellness Consults are a way for participants to interact one-one-one with CHPS via phone or email to receive help with health and wellness questions.

Virtual Health Education Classes are offered as part of the regular CHPS monthly event calendar and by unit request via ZoomGov or other platforms.

USAFwellness.com is our wellness web portal available 24/7 for health and wellness tools including a CHPS Video Library to view pre-recorded health information topics at your convenience.

WELLNESS WEB PORTAL: USAFWELLNESS.COM

The USAF Wellness Support Center is a free wellness website portal with resources and tracking tools accessible to DAF Civilian employees 24/7.

After you log in, the website allows access to tools to help you reach your health goals. You will also learn about events that CHPS staff provide at your base, like health education classes and wellness screenings.

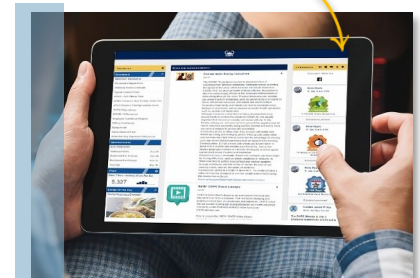
Create an account and/or log in to:

- Watch pre-recorded classes via the CHPS Video Library
- Complete your Health Risk Assessment (HRA) Wellness Profile
- View CHPS event calendar
- Utilize in-depth Health Library
- Access your Cardiac Risk Profile (CRP) results

HEALTH AWARENESS CAMPAIGNS AND WELLNESS CHALLENGES



CHPS conducts several wellness challenges and health awareness campaigns each year. Health awareness campaigns highlight services provided by base helping agencies, while calling attention to important health issues. Our wellness challenges are designed to enhance a participant's overall health and well-being through healthy lifestyle changes.



- Form alliances with friends and co-workers to create support
- Get suggestions for small goals to focus on daily with 'Daily Pursuits'
- Track activity and steps while linking to apps/wearable fitness devices like Fitbit® and Apple Health™
- Access the web portal on your iOS or Android mobile device by downloading the Motivation Alliance app!