

# MILITARY & FAMILY READINESS



## NEWSLETTER



### NEW NAME, SAME MISSION

The Soldier & Family Readiness Program and the Soldier & Family Readiness Specialists are changing their name! We hope that this will establish a clearer distinction between our program and Soldier & Family Readiness Groups (SFRG). We also hope that military members (from any branch), veterans, and their families will know that we are here to serve you all!

We are now called the **Military & Family Readiness Program**, and our team is the **Military & Family Readiness Specialists (MFRS)**. Our mission is to empower our Hawaii National Guard 'ohana to meet the challenges of military and civilian life. Military and Family Readiness Specialists (MFRS) provide resource and referral for whatever challenges you or your family may be facing. We also assist in the setting up and maintaining of Soldier and Family Readiness Groups (SFRGs).

### NEW YEAR'S RESOLUTION RESOURCES

#### Health and Wellness

Call **Military OneSource** at 800-342-9647 to sign up for health and **wellness coaching** sessions on topics such as fitness, nutrition, stress management, parenting, weight loss and more!

<https://www.militaryonesource.mil/health-wellness/prevention-care/health-and-wellness-coaching-consultation/>

#### Hawaii Army Physical Fitness Centers

<https://hawaii.armymwr.com/programs/physical-fitness-center>



#### Quit Tobacco

Whether you're thinking about quitting, are not yet ready to quit, or have already quit, Hawai'i Tobacco Quitline can help you with each step of the way.

Free, Convenient, Safe & Secure.  
<https://www.hawaiiquitline.org/>

TRICARE (counseling, prescription medication, and over-the-counter medications to help you quit tobacco use):

<https://www.tricare.mil/CoveredServices/IsItCovered/TobaccoCessationServices>



Federal Employees Health Benefit Program enrollees have access to the tobacco cessation benefit. This may include counseling sessions and FDA-approved tobacco cessation medications, plus no copays or coinsurance.

<https://www.opm.gov/healthcare-insurance/special-initiatives/quit-smoking/>

### MILITARY & FAMILY READINESS SPECIALISTS

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Follow us on Facebook and Instagram for more resources and announcements!

**@HIARNGmfrs**

[hawaiiuardohana.org](http://hawaiiuardohana.org)

### Improve Financial Health

HIARNG Personal Financial Counselors: Free face-to-face or virtual counseling to help you meet your financial goals.  
<https://hawaiiuardohana.org/personal-finance-counselors.php>

The Office of Financial Readiness has a wealth of information, tools, and assessments to take charge of your finances in 2024!  
<https://finred.usalearning.gov/>

