



DHN-NCR Well-Being Program

We are excited to invite you to sign up for the Well-Being Essentials program and explore the individual tools designed to enhance and sustain your well-being. Our goal is to equip you with the essential resources needed to successfully improve and maintain your well-being. The process has been meticulously designed to be straightforward and user-friendly, allowing you to access the program and complete the webinars at your own pace.

Below, you will find detailed instructions to help you get started on this enriching journey.

1. Getting Started:

- Scan the QR Code: Use your mobile device to scan the QR code provided below.
- Navigate to the Registration Form: Alternatively, [click here](#) to navigate to the registration form to indicate your interest in the Well-Being Essentials Program.



2. Registration:

- Fill Out the Registration Form: Use your health.mil email address to complete the form.
- Submit the Form: Ensure you click the “submit” button at the end of the registration process to finalize your enrollment.

3. What Happens After Registration?

- Course Information: Upon completing the registration form, you will receive detailed information about a 5-hour, self-paced well-being course. This course offers 5 CME/CEU credits and provides access to a multitude of well-being resources.

4. Next Steps:

- Feedback and Follow-Up: In approximately one month, your leaders will contact you to ask for feedback about your experience with the program.

Continuing Your Well-Being Journey:

For those who enjoy the first five hours of the "Well-Being Essentials" Program and are interested in additional Well-B information, we encourage you to connect with your leaders. Your leaders have the option to register you for a longitudinal well-being experience. This extended program provides up to 29 CME/CEU credits over the next 12 months.

We hope you find this continued learning opportunity beneficial for your personal and professional growth.

If you have questions, please contact Mr. Takiel Gibson at takiel.gibson.ctr@health.mil or COL Autumn Richards at autumn.m.richards.mil@health.mil.