



*Wishing you a
safe
holiday and
bountiful
wellness
in the
New Year!*

HOOAH 4 HEALTH (H4H) is a U.S. Army-sponsored web-based health promotion and wellness training tool. Although H4H was originally designed specifically for the Reserve Component to accommodate limited training windows, the web site has had fifty-six million visitors Army-wide, DOD-wide, and worldwide since its debut in June 2000.

USACHPPM
ATTN: MCHB-TS-HMC
5158 Blackhawk Road
APG, MD 21010-5422

**Place
Postage
Here**