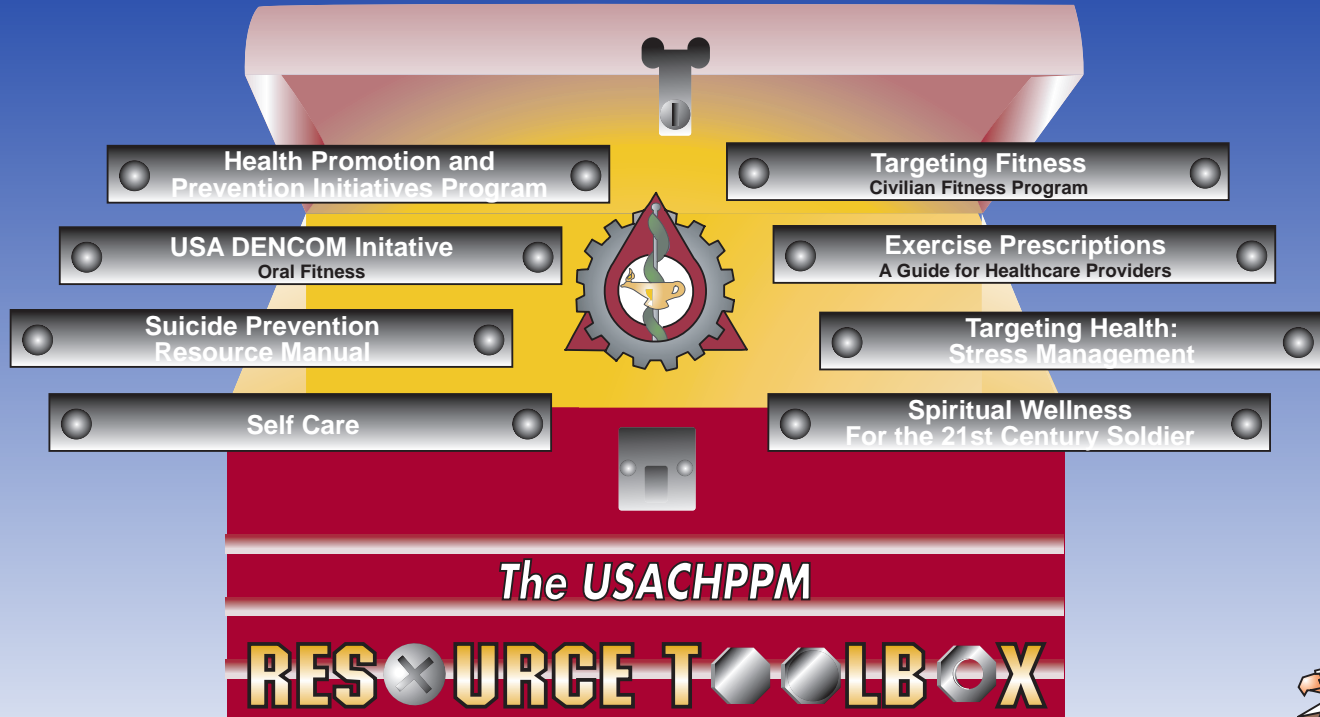


DO IT YOURSELF!



Open the USA CHPPM toolbox and grab tools from the self care shelf.

www.hooah4health.com



The Army Center for Health Promotion and Preventive Medicine (USACHPPM) has developed a self-care program for soldiers on active duty, but it could also become an important part of any workplace or reserve center/armory health promotion program. Many of the principles of the self-care program, such as those just mentioned, can be used by anyone.

A self-care manual, The Soldier Health Maintenance Manual, is the central part of the self-care program. The manual contains basic health tips to help you stay healthy, symptom evaluation charts to help you determine when you can care for yourself, what over-the-counter medications are recommended, and when to seek medical care.

The manual is not meant to replace seeking health care when you need it. As always, when in doubt, seek medical attention. Many of the principles of the self-care program, such as those just mentioned, can be used by anyone. The Soldier Health Maintenance Manual is provided in Adobe Acrobat PDF for you to download. It has been divided into sections so that persons with slower connections can download the Manual a section at a time. The manual is just one part of a self-care tool kit.

**The USACHPPM Self-care program is in the USA CHPPM Toolbox on the H4H web site (www.hooah4health.com) and can also be accessed on the USACHPPM web site at:
<http://chppm-www.apgea.army.mil/dhpw/Wellness/Selfcare.aspx>.**

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.

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