



In-App Guides Capture Key Information

MilLife Guides outline benefits, tools, articles and expert help on topics that include:

- Commissary & Exchanges
- Connected and Strong During Deployment
- Education & Employment for Spouses
- Families with Special Needs
- Fun and Fitness
- MilLife Learning & the MWR Digital Library
- Moving in the Military
- Navigating MilLife in the National Guard
- Navigating the Impact of COVID-19 on MilLife
- Non-medical Counseling
- OCONUS Moves
- Parenting & Childcare
- Personal Finance
- Preventing Abuse & Neglect
- Resources for a Smooth Transition
- Specialty Consultations
- Strengthening Relationships
- Support After Loss
- Survivor Finances & Legal
- Taking Advantage of Exclusive Offers
- Tickets, Tours & Travel
- And More



The App for Personalized Support

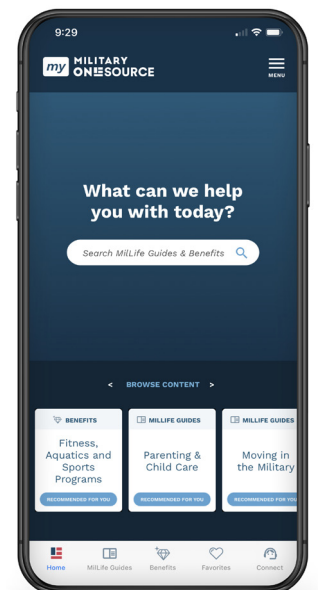
Background:

The My Military OneSource app makes it easy for service members, military families and survivors to access personalized help, benefits and expert support. Users answer three quick questions, then the app presents a customized experience featuring personally relevant resources. The app is available for download on Google Play and in the App Store. More up-to-date information can be found on <https://www.militaryonesource.mil/app>.

With My Military OneSource, service member and family users have one-click access to the wealth of targeted tools and resources provided by the Department of Defense. It's a quick and easy way to receive the information they need to live their best MilLife.

Highlights:

- Quick benefit cards show users benefits by category or highlight personalized recommendations.
- MilLife Guides each tackle a topic in depth, listing benefits, tools, relevant articles and available expert help.
- Users can save MilLife Guides, benefits cards and articles for easy reference later on.
- With one touch, users can connect to live expert support from the Military OneSource call center.



A RANGE OF SUPPORT

To Help You **Live** Your Best **MilLife**



U.S. Department of Defense

Get free and confidential expert help, 24/7.
Call Military OneSource at 800-342-9647
or visit www.MilitaryOneSource.mil.

Military OneSource offers a wide range of individualized consultations, coaching and non-medical counseling to help you live your best MilLife.



Confidential Non-medical Counseling

For help managing life's stressors.



Spouse Education and Career Opportunities

Career coaching, tools and information to gain meaningful employment.



Health and Wellness Coaching

Personalized support for your fitness, nutrition and well-being.



Wounded Warrior and Caregivers

Timely assistance for issues related to health care, benefits and more.



Education

Solutions from pre-K through grad school.



New MilParent

Support for parenting challenges for expectant parents and those with children up to age 5.



Adoption

Help navigating the adoption and foster care process.



Document Translation and Language Interpretation

Free translation services in real time and for qualifying documents.



Peer-to-Peer Support

Support from a peer consultant with firsthand knowledge of military life.



Spouse Relocation and Transition

Free, personalized support for every step of the process.



Special Needs

Answers about the care and education of your family member with special needs.



Elder Care

Resources to support service members and spouses caring for aging family members.



Building Healthy Relationships

Education-based consultation to strengthen your relationships.



Transitioning Veterans

Personalized support as you transition to civilian life.



Financial and Tax Consultation

Expert answers to your financial and tax questions.