

Kick start your health



It's easy to decide that you want to improve your health, but harder to know where to start. That's where your DONCEAP comes in! Learn to live a healthy lifestyle, how to incorporate healthy habits and get the assistance you need to achieve your wellness goals.

Expert Wellness Guidance & Tools

Whether you want to find a fitness program that fits your life, you're looking for information on diet or nutrition plans or you would like to better understand the resources available to you, DONCEAP is available 24/7 to research, provide information and support. Here are just a few examples of what we offer:

- Expert guidance from Work-Life specialists
- Members-only website that includes resources on topics such as diet, fitness, sleep health and more
- Live June webinar: Eating for High Energy
- Your Healthy Lifestyle June Live Talk: Keep Moving
- Be Well Kit: free products and information designed to help you proactively manage your health

Confidential assistance 24 hours a day, 7 days a week
24/7 DONCEAP Assistance Line:

1-844-DONCEAP (1-844-366-2327) | Domestic

888-262-7848 | TTY

001-866-829-0270 | International

DONCEAP.foh.hhs.gov

