



**DOWNLOAD THE APP
TODAY. IT'S YOURS TO USE.**



DID YOU KNOW?

As part of your MFFCIP membership, you already have **FREE** access to the MFFCIP Wellness App powered by ValorNet — your all-in-one health and wellness toolkit.



INSTANT CRISIS SUPPORT

Connect with a Missouri-based crisis support specialist in seconds — by call, text, or video.

PHYSICAL READINESS

Targeted workouts, mobility routines, and strength-recovery techniques to stay injury-free and mission-ready.

WELLNESS PRACTICES

Nutrition plans, mindfulness, and stress-reduction techniques to restore balance and focus.

SLEEP READINESS

Guided tools to improve rest, recovery, and overall performance.

PRIVATE GROUP MESSAGING

Stay connected with your crew while keeping communication secure.

ENCRYPTED & CONFIDENTIAL

Your information is protected and stays private.