

# Wellness, Smoking Cessation, Weight Management

Age Requirements

18 and over

Family

No

Intake Process

Call for information.

Self Refer

Yes

Naval Medical Center Portsmouth

<https://www.med.navy.mil/sites/nmcp/sitepages/home.aspx>

<https://www.med.navy.mil/sites/nmcp/dept/sitepages/wellness/default.aspx>

Main

(757) 953-4876

620 John Paul Jones Circle

Building 3, 1st Floor, Room 1.3-141

23708 VA

United States

Monday: 7:30 am-4:00 pm

Tuesday: 7:30 am-4:00 pm

Wednesday: 7:30 am-4:00 pm

Thursday: 7:30 am-4:00 pm

Friday: 7:30 am-4:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Have hours listed Monday-Friday 0730-1600

Fee Structure

Fee Range

Payment Method(s)

Tricare

Languages Spoken

English

Our goal is to improve and sustain military readiness by increasing awareness, providing education, and intervention to promote healthy lifestyle for Sailors, DOD personnel, and other beneficiaries of Naval Medical Center Portsmouth. Programs include smoking cessation and a variety of weight management plans. Link to [Nutritional Guidelines](#) updates.

Service Area(s)

Chesapeake City

,

Norfolk City

,

Portsmouth City

,

Virginia Beach City

,

York County