



Director/CEO Newsletter



Be Well: Holistic Ways to Stay Healthy

The Exchange is making holistic health more convenient and accessible for military communities by expanding wellness services offered on installations.

Veterans with service-connected disabilities, retirees, military families and Department of Defense civilians can schedule chiropractic, dental, optometry and cryotherapy appointments at select PXs and BXs.

They can also use their benefit to shop for braces, crutches, CPAP supplies and more at durable medical equipment shops. Many of these items are available at ShopMyExchange.com, where all honorably discharged Veterans can use their tax-free benefit as well.



The Exchange offers more than 265 wellness services at installations worldwide. Chiropractic care launched in January. Exchange wellness locations accept TRICARE and most insurances, when applicable.

More information on the services available at each installation can be found at ShopMyExchange.com/wellness.

Veteran For Life!

Tom Shull
Director/CEO

Black Friday Savings Start Now!



The Exchange kicked off 12 Weeks of Black Friday Deals this month, giving military shoppers exclusive early savings opportunities throughout the holiday season.

Authorized Exchange shoppers can find military-exclusive deals for the next three months at their nearest PX or BX or online at ShopMyExchange.com. Curbside pickup and buy online, pick up in store services are available at most Exchanges for those with in-store shopping privileges. And, as always, shopping the Exchange is tax-free.

Follow the Exchange's social media channels at facebook.com/shopmyexchange, twitter.com/shopmyexchange and [instagram.com/shopmyexchange](https://www.instagram.com/shopmyexchange) for real-time updates as weekly ads and sneak peeks post to <https://aafes.media/12weeksofsavings>.

You Made the Grade Program Graduates to Bigger Prizes for Military Kids

The Exchange's You Made the Grade program is back for the 2022-2023 academic year with bigger prizes for military students.

With the revamped program, students in first through 12th grades who maintain a B average or better will receive a \$10 Exchange gift card and straight-A students will receive a \$20 gift card. Participants will also earn an Exchange coupon sheet, with coupons for free meals at Exchange restaurants and other great savings.

Military children often face extra challenges, including parent deployment and frequent moves. The You Made the Grade program gives our youngest heroes encouragement and recognition for their hard work in the classroom.

Students can bring their military ID and report card to their local PX/BX customer service area each grading period to receive the rewards. They can also enter into the twice-yearly You Made the Grade sweepstakes for

a chance to win \$2,000, \$1,500 or \$500 gift cards.



Fourth grader Brooke Eskew, grand-prize winner in the You Made the Grade sweepstakes, received her prize—a \$2,000 Exchange gift card—in a presentation at the Camp Foster Exchange in Feb. 2022.