

BOOT CAMPAIGN

2025 HEALTH & WELLNESS PROGRAM RECAP

Boot Campaign provides personalized care to Veterans and their families to treat diverse health challenges such as service-connected posttraumatic stress disorder (PTSD) and/or traumatic brain injury (TBI), while also addressing trauma-based insomnia, chronic pain and self-medication.

BY THE NUMBERS

It was our honor to provide life-changing care to **361 individuals** and **947 family members** through our Health & Wellness Program in 2025. Collectively those we supported represent more than **4,750 years of service combined** across all branches of the military.



361
served



1,308
total
individuals
impacted



from
47
states



14
average years
in service



27,300+
hours of care
provided

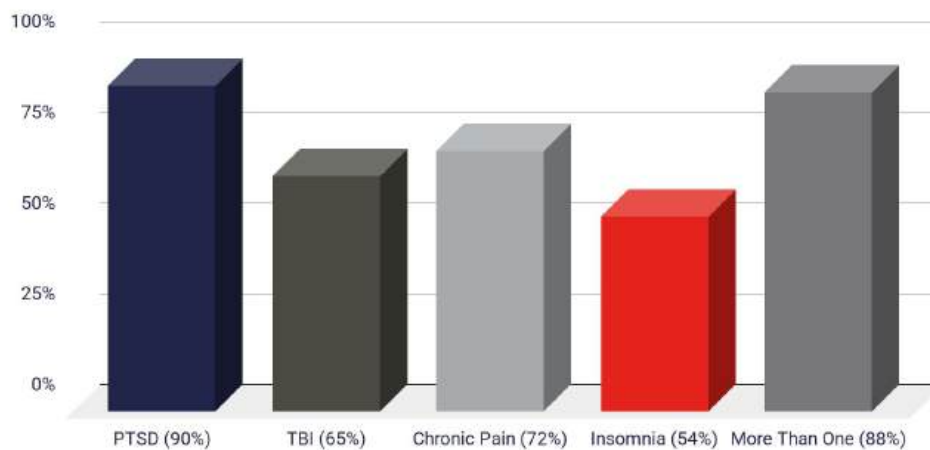


\$0
Cost for
Veterans and
military families

For more information about our Health & Wellness Program, [click here.](#)

CHALLENGES FACED & MEASURED OUTCOMES

The Veterans supported in 2025 experienced one or more of the **five invisible wounds** treated through Boot Campaign's personalized care. The challenges they faced were:



3 out of 4 Veterans no longer met criteria for a PTSD diagnosis after completing their treatment plan.



More than 94% Veterans improved in anxiety, depression, and gaining a sense of meaning and purpose.



97% of Veterans reported improvement in their quality of life, including work, relationships and energy.



75% reported a decrease in pain and an increase in quality sleep.

Behind every uniform is a life shaped by service and a journey that doesn't end when service is over. Our mission is rooted in **respect, action and real-life, long-term results.**

VETERANS WE SERVED

See how personalized, evidence-informed care for Veterans and military families is changing lives.



Boot Campaign provides care to Veterans from **any branch and any era**. Click the images to watch more.



Tanner served in the U.S. Army as an infantryman in Afghanistan and later as a Special Operations Civil Affairs Medical Sergeant, supporting U.S. Embassy operations in Northeast Syria and Bangladesh.

Upon his return, he felt numb, struggling with posttraumatic stress disorder. Tanner was able to get holistic help through Boot Campaign. As Tanner says, "This program isn't transactional; it's relational."

Freddie joined the U.S. Navy and served for 30 years, deploying multiple times to Iraq and Afghanistan. When he retired, he struggled and carried the burden of three decades of service and its toll on both the body and brain.

Determined to transition well and be the husband, father and person he wanted to be, Freddie reached out to Boot Campaign and found authentic treatment that allowed intentional healing.

Chris joined the U.S. Navy at 19 and served as an EOD Technician for 26 years, enduring numerous injuries to both his brain and body. Upon retirement, Chris became reliant on multiple medications that made him feel like "a shell of a person."

As a result of our Health & Wellness Program, Chris is no longer taking pain or depression medication and lives life with purpose.



[Watch](#) more Veteran Health & Wellness Testimonials

ADDITIONAL TESTIMONIALS



Boot Campaign not only opened the door to recovery, but it's also given me the hope that I can live a life beyond my struggles.

- U.S. Marine Corps Veteran

I can't say enough about this program. It has really helped me ingrain a healthy lifestyle into my daily life now.

- U.S. Navy Veteran



It is inspiring to be treated by someone who is just as excited about my recovery as I am.

- U.S. Army Veteran

My family and I are thriving. Before, I couldn't see myself in the place I'm in now but I'm so grateful I lived long enough to see it come to pass.

- U.S. Marine Corps Veteran

