

General Health and Wellness Messages

Wellness programs and resources are available to you through Health Net Federal Services at www.tricare-west.com/go/wellnessresources. Take a Health Risk Assessment and get a personalized plan to move forward. Choosing Wisely® helps with understanding procedures, test and treatment options. Find TRICARE Tobacco Cessation resources. Visit the Learning Center for a variety of self-paced online programs and recorded health classes. Additional resources on health conditions and more are in the Health Topics section.

Visit Health Net Federal Services' Learning Center at www.tricare-west.com/go/learningcenter for recorded classes and self-paced online programs on a variety of health-related topics. Find information on behavior change skills, self-care, tobacco cessation, stress management, and weight management, along with classes for chronic health conditions like anxiety, depression, asthma, diabetes, and heart health.

Nutrition and Weight Management

March is National Nutrition Month. Find videos, presentations, interactive tools, and resources on nutrition, healthy eating, meal planning, weight management skills and strategies, and more through Health Net Federal Services' "Healthy Weighs for Life" online program. Don't delay – begin eating and living healthier today. Find this weight management program and more at www.tricare-west.com/go/learningcenter.

Do you know what you need to do to lose weight, but just don't know how to make it happen? When you take Health Net Federal Services' "Healthy Weighs for Life" online program, you'll not only learn how to plan your meals and include daily activity, you'll also learn key skills and strategies to help you make healthy changes and stay on track. Find this program and more at www.tricare-west.com/go/learningcenter.

Want to lose weight the healthy way? Learn how to change health habits, plan and cook healthy meals and design your own fitness plan with Health Net Federal Services' "Healthy Weighs for Life" self-paced, online program. Find this program and more at www.tricare-west.com/go/learningcenter.

Need help losing weight? Start by learning the basics! Health Net Federal Services' "Basics for Reaching a Healthy Weight" online program provides information on weight control, healthy eating and exercise to get you started on the right path. Find this weight management program and more at www.tricare-west.com/go/learningcenter.

Life Care Planning and Self-Care

It's never too early to think and talk about life care planning. An advance care directive can ensure your desires for medical treatment are met in the event you aren't able to speak for yourself. Visit Health Net Federal Services' Health Topics section at www.tricare-west.com/go/healthtopics for information and tools to get you started. You can learn more about self-care with the "Take Charge of Your Health" online program, located at www.tricare-west.com/go/learningcenter.

Lifestyle Behavior Change

Ready to make a lifestyle change? Determine your level of readiness and learn skills to help you be successful. Start with Health Net Federal Services' "Assessing Your Readiness for Healthy Change" online program. Want to learn and practice skills even more? Register for the next "Making Healthy Changes for Life" webinar. Visit www.tricare-west.com/go/learningcenter for these programs and more.

Try one of Health Net Federal Services' recorded health classes and learn from the comfort of your home. Classes include anxiety, depression, stress management, diabetes, heart health, and tobacco cessation. You can also register for a live behavior change webinar to learn skills to make a healthy change. Visit the Learning Center at www.tricare-west.com/go/learningcenter to get started today.

Cancer Prevention

According to the Centers for Disease Control and Prevention, skin cancer is the most common form of cancer in the United States. Visit Health Net Federal Services' cancer prevention page at www.tricare-west.com/go/healthtopics for web links to national organizations focused on cancer.

Cold and Flu Prevention

Cold and flu season is around the corner. Visit Health Net Federal Services' cold and flu page at www.tricare-west.com/go/healthtopics for prevention information and resources.

Tobacco Cessation

Ready to quit? Health Net Federal Services has online support to help! Listen to their "Preparing to Quit Tobacco" recorded class as a starting point. Or, work at your own pace to create a quit plan with their "Time to Quit" online program. If making a healthy change is challenging for you, consider starting with the "Making Healthy Changes for Life" webinar. Find these resources and more at www.tricare-west.com/go/learningcenter.

Are you ready to quit? Complete Health Net Federal Services' convenient online program and work at your own pace to create your personalized plan of action. "Time to Quit", located at www.tricare-west.com/go/ttq, teaches you about the types of tobacco addiction, and gives you the tools and skills to help you quit and stay quit forever. Visit www.tricare-west.com/go/tobacco for additional TRICARE tobacco cessation information and resources.

Need help quitting tobacco? Complete Health Net Federal Services' "Time to Quit" self-paced program at www.tricare-west.com/go/ttq, to take action based on how ready you are. Create your own quit plan, learn about the types of tobacco addiction, and get tools and skills to help you quit and stay quit for good. For more information and resources on tobacco cessation, visit www.tricare-west.com/go/tobacco.