



A Healthy Family *Is a Happy Family!*



Find out what our
Health and Wellness Center
has to offer.



A Healthy Family *Is a Happy Family!*



Find out what our
Health and Wellness Center
has to offer.



A Healthy Family *Is a Happy Family!*



Find out what our
Health and Wellness Center
has to offer.



A Healthy Family *Is a Happy Family!*



Find out what our
Health and Wellness Center
has to offer.

Discover new ways to take charge of your health! Visit our online Health and Wellness Programs and Resources at www.tricare-west.com/go/wellnessresources to:

- Complete a **health risk assessment** and get a personalized plan for health improvement.
- Learn how to partner with your doctor to make informed health decisions with **Choosing Wisely®**.
- Locate resources on a variety of **health topics**, such as men's, women's and children's health, stress management, health conditions, physical activity, nutrition, and more.
- Visit the **Learning Center** at www.tricare-west.com/go/learningcenter to find a number of programs and classes available 24/7. Work at your own pace through online programs, view recorded classes or register for a live class. Topics include: anxiety, asthma, depression, diabetes, heart health, skills for making a healthy change, stress management, tobacco cessation, and weight management.
- Nominate yourself for individualized education, support and coaching from a disease management specialist at www.tricare-west.com/go/DMFAQ or call **1-844-732-2436**. If you are a TRICARE beneficiary under 65 and not on Medicare, coaching is available for the following health conditions: anxiety, asthma, coronary artery disease, chronic obstructive pulmonary disease, depression, diabetes, and heart failure.

Go to www.tricare-west.com/go/wellnessresources to get started!

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved. PC0911x064 (01/21)



Discover new ways to take charge of your health! Visit our online Health and Wellness Programs and Resources at www.tricare-west.com/go/wellnessresources to:

- Complete a **health risk assessment** and get a personalized plan for health improvement.
- Learn how to partner with your doctor to make informed health decisions with **Choosing Wisely®**.
- Locate resources on a variety of **health topics**, such as men's, women's and children's health, stress management, health conditions, physical activity, nutrition, and more.
- Visit the **Learning Center** at www.tricare-west.com/go/learningcenter to find a number of programs and classes available 24/7. Work at your own pace through online programs, view recorded classes or register for a live class. Topics include: anxiety, asthma, depression, diabetes, heart health, skills for making a healthy change, stress management, tobacco cessation, and weight management.
- Nominate yourself for individualized education, support and coaching from a disease management specialist at www.tricare-west.com/go/DMFAQ or call **1-844-732-2436**. If you are a TRICARE beneficiary under 65 and not on Medicare, coaching is available for the following health conditions: anxiety, asthma, coronary artery disease, chronic obstructive pulmonary disease, depression, diabetes, and heart failure.

Go to www.tricare-west.com/go/wellnessresources to get started!

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved. PC0911x064 (01/21)



Discover new ways to take charge of your health! Visit our online Health and Wellness Programs and Resources at www.tricare-west.com/go/wellnessresources to:

- Complete a **health risk assessment** and get a personalized plan for health improvement.
- Learn how to partner with your doctor to make informed health decisions with **Choosing Wisely®**.
- Locate resources on a variety of **health topics**, such as men's, women's and children's health, stress management, health conditions, physical activity, nutrition, and more.
- Visit the **Learning Center** at www.tricare-west.com/go/learningcenter to find a number of programs and classes available 24/7. Work at your own pace through online programs, view recorded classes or register for a live class. Topics include: anxiety, asthma, depression, diabetes, heart health, skills for making a healthy change, stress management, tobacco cessation, and weight management.
- Nominate yourself for individualized education, support and coaching from a disease management specialist at www.tricare-west.com/go/DMFAQ or call **1-844-732-2436**. If you are a TRICARE beneficiary under 65 and not on Medicare, coaching is available for the following health conditions: anxiety, asthma, coronary artery disease, chronic obstructive pulmonary disease, depression, diabetes, and heart failure.

Go to www.tricare-west.com/go/wellnessresources to get started!

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved. PC0911x064 (01/21)



Discover new ways to take charge of your health! Visit our online Health and Wellness Programs and Resources at www.tricare-west.com/go/wellnessresources to:

- Complete a **health risk assessment** and get a personalized plan for health improvement.
- Learn how to partner with your doctor to make informed health decisions with **Choosing Wisely®**.
- Locate resources on a variety of **health topics**, such as men's, women's and children's health, stress management, health conditions, physical activity, nutrition, and more.
- Visit the **Learning Center** at www.tricare-west.com/go/learningcenter to find a number of programs and classes available 24/7. Work at your own pace through online programs, view recorded classes or register for a live class. Topics include: anxiety, asthma, depression, diabetes, heart health, skills for making a healthy change, stress management, tobacco cessation, and weight management.
- Nominate yourself for individualized education, support and coaching from a disease management specialist at www.tricare-west.com/go/DMFAQ or call **1-844-732-2436**. If you are a TRICARE beneficiary under 65 and not on Medicare, coaching is available for the following health conditions: anxiety, asthma, coronary artery disease, chronic obstructive pulmonary disease, depression, diabetes, and heart failure.

Go to www.tricare-west.com/go/wellnessresources to get started!

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved. PC0911x064 (01/21)

