

Learning Opportunities for TRICARE® Beneficiaries

Health and Wellness Programs and Classes from Health Net Federal Services

Make your health a priority. Health Net Federal Services, LLC provides a selection of online programs and classes on a variety of topics. Learn at your convenience, from the comfort of your home. Visit www.tricare-west.com/go/learningcenter for more information.



Healthy Lifestyle Change and Self-Care

Do you struggle with making healthy lifestyle changes or need help achieving your health goals? You can be successful with any health change you want to make with the help of these programs:

- *Assessing Your Readiness for Healthy Change* (online program)
- *Coping with Financial Stress* (recorded class)
- *Making Healthy Changes for Life* (live class)
- *Stress Management in Times of Uncertainty* (recorded class)
- *Take Charge of Your Health* (online program)



Diseases and Health Conditions

Prevent or manage a chronic health condition with one of these programs:

- *Heart Healthy Living* (recorded class)
- *The Basics of Asthma Management* (online program)
- *The Basics of Depression Management* (recorded class)
- *The Essentials of Diabetes Management* (recorded class)
- *What You Need to Know About Anxiety* (recorded class)



Tobacco Cessation

Quitting smoking isn't easy, but you can do it! These programs will teach you how to deal with the challenges of quitting tobacco, how to create a quit plan, and provide skills and strategies to help you successfully quit:

- *Preparing to Quit Tobacco* (recorded class)
- *Time to Quit* (online program)



Weight Management

Learn the basics of weight loss and how to maintain a healthy weight for life with these weight management programs:

- *Basics for Reaching a Healthy Weight* (online program)
- *Healthy Weighs for Life* (online program)

Go to www.tricare-west.com/go/learningcenter for complete program and class descriptions.