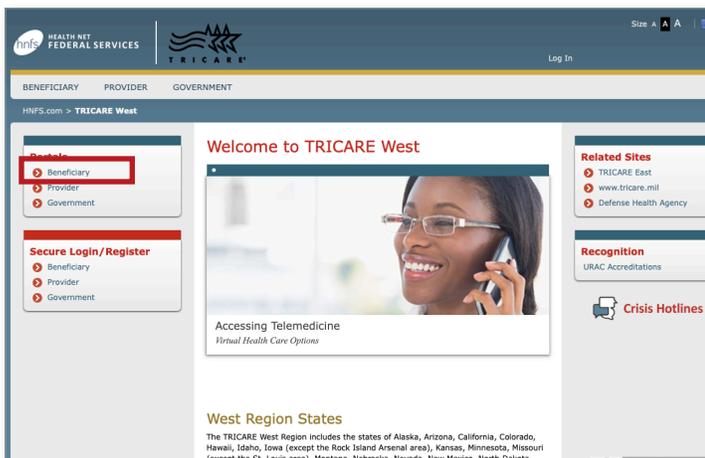




4 Easy Steps to Access Health Net Federal Service's Weight Management Programs

Go to our website at www.tricare-west.com and follow these four simple steps to access our weight management programs.

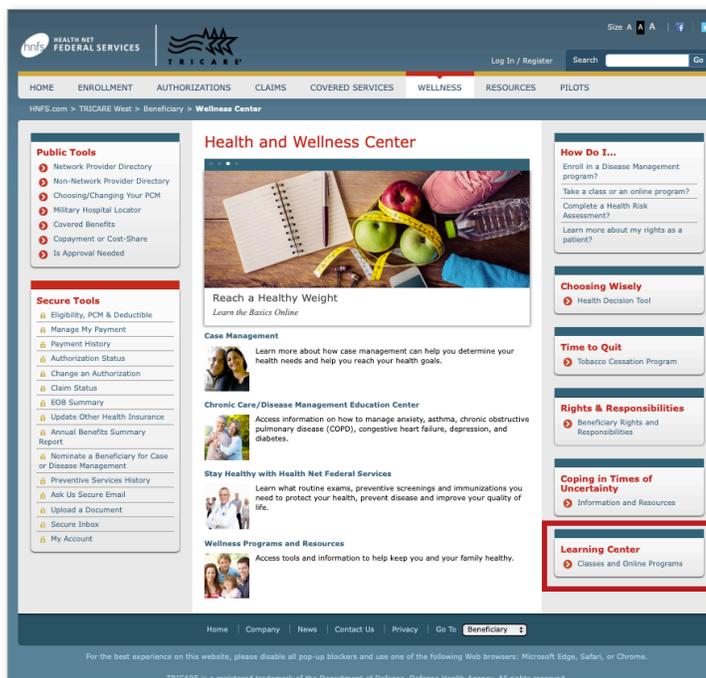
1 Click on **Beneficiary** in the Portals box.



2 Click on the **Wellness** tab in the top menu.



3 Click in the **Learning Center** box.



4 Click on **Basics for Reaching a Healthy Weight** or **Healthy Weighs for Life** in the Weight Management section.

