

# A Healthy Family Is a Happy Family!



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](http://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](http://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](http://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](http://www.tricare-west.com/go/wellnessresources) to get started!

