December: Year in Military Health
In January, we offered tips to create a new you in the new year:

– Set realistic goals
– Be positive
– Be informed about your body – don’t guess
– Ask for help when you need it
In February we offered tips on how to fight heart disease:

– Monitor your blood pressure
– Exercise regularly
– Maintain a healthy weight
– Know your cholesterol

[Website link: www.tricare.mil/heartscreening]
March’s Tips were focused on sleep, nutrition and vision:

– Get at least 8 hours of sleep each night
– See a doctor for continued sleep problems
– Find out how many calories you need
– Eat from each food group
– Have a comprehensive eye exam annually
– Protect your eyes at work and play
In April we celebrated military children and gave you tips to keep them healthy:

– Get prenatal care
– Get well-child exams
– Keep immunizations on track
– Watch for childhood stress
– Ensure good nutrition

www.tricare.mil/well-child
In May we encouraged mental wellness through active living to:

– Increase mental clarity
– Provide stress relief
– Relate better to others

www.tricare.mil/mhcare
June’s tips focused on men’s health and encouraged men to:

– Stay mentally healthy, seek help if needed
– Reduce your risk of heart disease
– Report digestive problems to your provider
– Watch for signs of prostate problems

www.tricare.mil/prostate
July’s tips suggested ways to stay safe in the summer:

– Wear sunscreen
– Wear sunglasses to protect your eyes
– Practice fire safety
– Stay hydrated
In August, we suggested tips to make back to school time stress free:

- Get school physicals
- Get eye and vision screening
- Pack healthy lunches
- Dress kids for the weather

www.tricare.mil/backtoschool
September’s tips focused on suicide prevention:

– Don’t be afraid to ask if a person is considering suicide
– Learn the signs to recognize a person at risk for suicide
– Know that help is available
– Know that suicide is preventable

Suicide Prevention Lifeline
1-800-273-TALK (8255)
suicidepreventionlifeline.org
In October, we encouraged all women to make their health a priority:

– See your provider every year
– Know your blood pressure
– Maintain a healthy weight, especially when pregnant
– Exercise regularly

www.tricare.mil/womenshealth
Each November, we emphasize tobacco cessation and highlight the:

– Benefits of quitting
– Cost savings for those who quit
– Available medication and counseling

[Website Link: www.tricare.mil/tobacco cessation]
That’s it for this year! Use TRICARE’s Tips for Healthy Living to learn more about your health benefit and plan a new year of good health.
Need More Information?

TRICARE.mil houses information about the TRICARE benefit. Whether beneficiaries are looking for specific benefit information or tips to live well, it is available online.

The Military Health System’s campaign, Operation Live Well, is focused on leading a physically, mentally, socially and spiritually healthy lifestyle throughout the military community, during the holidays and all year long.

www.tricare.mil/livewell
www.health.mil/olw