

— NEW YEAR —
NEW YOU

2016



TRICARE TIPS FOR HEALTHY LIVING
IN SUPPORT OF OPERATION LIVE WELL



Goal Tending

Each January, many people make resolutions for the coming year. To be successful, set small, actionable goals. For example, instead of “Start Running,” try “Run a 10 minute mile.”



Change Your Mind

There's something to those old clichés, “if you can believe it, you can achieve it” and “your attitude determines your altitude.” Studies show that there are many positive social and health benefits to keeping a positive mental attitude.



Be Informed

Do you know your resting heart rate?
Cholesterol levels? BMI? You can't know where
you need to be if you don't know where you are.
Start the year on the right foot and get your
[preventive care screenings](#).



Stay on Track

Goals, and the plans made to attain them, are great but only if we stick to them. It's easy to get distracted or stray off course. Stay focused – one minute off track can derail your whole plan.



It's a Family Affair

No matter your goal, a new year offers a fresh start. Tell someone what you're planning and involve others as much as you can. This year, learn a new skill, quit a bad habit, whatever your plan - the possibilities are endless.



Ask for Help When You Need It

If you're not in the right frame of mind, it can seem like nothing is working out. That's because mental health problems can affect your thoughts, mood and behavior. If you are experiencing challenges or are in a tough transition, it's ok to [ask for help](#).



Celebrate Small Victories

Any major change takes time and patience. It is easy to get overwhelmed just looking at the big picture. That's why it's so important to celebrate small victories along the way; "jogged 5 minutes without stopping" will quickly turn into "crossed the finish line!"





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



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