



# TRICARE Tips for Staying Healthy in 2017



# Set Goals



People make New Year's resolutions every January but struggle to maintain them after a few weeks.

Set small, actionable goals to be successful. Instead of saying "start running," try "run an 8-minute mile in two months."



# Change Your Mind



That old cliché is right: If you can believe it, you can achieve it.

Studies show that there are many health and social 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.

[www.tricare.mil/preventive](http://www.tricare.mil/preventive)



# 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 by making a list or sharing your goals with friends.



# Build Your Team



No matter your goal, a new year offers a fresh start.

Share your goals with family and friends and involve them as much as possible.



# Ask for Help



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



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?



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](http://www.tricare.mil/livewell)

[www.health.mil/olw](http://www.health.mil/olw)