

TRICARE® Healthy Choices



“Life is not merely to be alive, but to be well.”

~ Marcus Valerius Martial

Your health can be influenced, positively or negatively, through the lifestyle choices you make every day. To maximize the health and wellness of service members, retirees and their families, TRICARE is taking aim at lifestyle choices.

We are also asking you to be a partner in your health care. When you take an active role in your health care, research shows you fare better. Take advantage of preventive health screenings and examinations. These screenings can help avoid illness and improve health at no additional cost. Find out more about your benefits and screenings at www.tricare.mil.

Obesity

More than one quarter of all Americans ages 17-24 are unqualified for military service because they are too heavy. Being overweight is no fun, but losing weight is not always easy. **TRICARE encourages you to “Get Fit” and “Get Moving!”**

Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices and being physically active can help you attain and maintain a healthy weight. They can also help you reduce your risk of chronic disease and promote overall health.

“Get Fit” (www.tricare.mil/getfit) is an award winning communications campaign to educate you and your children on the dangers of being overweight and provide resources for weight loss. Visit the website for healthy living tips, links, games and articles.

Take a peak at First Lady Michelle Obama’s website, Let’s Move! (www.letsmove.gov). Let’s Move! is a campaign to end childhood obesity in the United States. Parents play a key role in making healthy choices for their children and teaching their children to make healthy choices for themselves. Let’s Move! offers parents the tools, support and information they need to make healthier choices for their families.



Alcohol Abuse

Binge drinking remains a concern in the military, affecting both service members and their families. Someone you love may be using alcohol to handle stress, boredom and loneliness.

“That Guy” (www.thatguy.com) is an award-winning campaign to discourage binge drinking among service members. Funded by the Department of Defense (DoD), it is a peer-to-peer campaign to increase awareness of the problems associated with overindulging in alcohol.

Binge drinking rates are lower for all services at installations using the “That Guy” campaign:

- **Rate at installations WITHOUT “That Guy” campaign: 50%**
- **Rate at installations WITH “That Guy” campaign: 39%**

More information, resources and tools on combating alcohol abuse can be found on www.tricare.mil/alcoholawareness.

Tobacco Use

The leading preventable cause of death in the United States is smoking, closely followed by obesity. Choosing to avoid tobacco and maintain a healthy body weight will greatly reduce your risk of developing diseases such as heart disease, stroke, cancer and diabetes. - Centers for Disease Control and Prevention

Tobacco use among active duty service members ages 18-24 remains at very high levels. It has not declined significantly over the last three years. If you are looking to quit, we can support you. TRICARE’s toll-free “help” phone lines provide 24/7 resources to non-Medicare eligible beneficiaries seeking assistance with smoking cessation. The “help” lines are available by region:

- **South – 877-414-9949**
- **North – 866-459-8766**
- **West – 866-244-6870**

More information on quitting and online chats is available through DoD’s Quit Tobacco Campaign at www.ucanquit2.org.

Mental Health Wellness

TRICARE understands that military life can be very challenging for service members and their families. Frequent deployments, moves and families separated for extended periods of time can lead to increased stress. TRICARE and the DoD have a wealth of programs aimed at supporting you and your family.

Visit www.tricare.mil/mentalhealth for TRICARE mental health benefits information, links, programs and contact information.

In addition to various TRICARE counseling options, TRICARE covers therapy for families facing emotional and or behavioral health challenges. Active Duty Services Members and their spouses also have access to counseling services at home. The TRICARE Assistance Program (TRIAP) uses online video chat to access counseling services. Learn how to access TRIAP at www.tricare.mil/triap.

Military OneSource is a free information and referral service available to you and your family at **800-342-9647** or www.militaryonesource.com. Military OneSource consultants can help you and your family with lifestyle issues from emotional to financial difficulties, fitness, education, work life and military life concerns.

TRICARE is here to support you whether your aim is to lose weight, control drinking or quit smoking. To learn more about what your TRICARE benefit can do for you, fill out a profile at www.tricare.mil. Sign up for TRICARE e-mail updates at www.tricare.mil/subscriptions. Connect with TRICARE on Facebook and Twitter at www.facebook.com/tricare and www.twitter.com/tricare.

