

## General Learning Center & Disease Management Participation Messages

Health programs at your convenience. Health Net Federal Services offers free online programs and recorded classes on topics like anxiety, asthma, depression, diabetes, heart health, weight management, and much more! Visit Health Net Federal Services' Learning Center at [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter) to get started today! If you have a chronic health condition, you may be eligible for one-on-one telephone-based coaching. Learn more on how you can participate at [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ).

Looking for help with a chronic health condition? Health Net Federal Services offers seven different programs which include individualized telephone coaching from a licensed clinician. Visit [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ) for more information on how you can participate.

### Mental Health – Anxiety/Depression

Take care of your mental health. This past year has been full of unexpected challenges which can lead to anxiety or stress. Visit Health Net Federal Services' Learning Center at [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter) for recorded classes that offer information, tools and resources. If you have anxiety or depression, you may also be eligible for one-on-one telephone-based coaching. Check out the FAQs at [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ) to learn how you can participate.

Resources for mental health. Visit Health Net Federal Services' Learning Center for recorded classes on anxiety, depression and stress management at [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter). Tip: Click on "Health Topics" in your chosen class to find links to additional resources. One-on-one coaching is also available for anxiety and depression. Check out the FAQs to learn how to participate at [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ).

Stress is a natural part of life. Even the most resilient person can have trouble managing stress, so it's important to reach out for support. Find information on mental health care available to you at [www.tricare.mil/mentalhealth](http://www.tricare.mil/mentalhealth) and [www.tricare-west.com/go/mh](http://www.tricare-west.com/go/mh).

### Heart Health

Small lifestyle changes can have a big impact on heart health. If you have heart disease or risk factors that could lead to heart disease, take Health Net Federal Services' "Heart Healthy Living" recorded class at [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter). If you have coronary artery disease or heart failure, you may be eligible for one-on-one telephone-based coaching. Check out the FAQs at [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ) to learn how you can participate.

February is Heart Health Month. View Health Net Federal Services' recorded "Heart Healthy Living" class at [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter) to learn how to reduce risk factors and for tips to improve your heart health. If you have coronary artery disease or heart failure, you may be eligible to get one-on-one telephone-based coaching. Learn how you can participate at [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ).

## **Asthma**

Do you have or think you may have asthma? Complete Health Net Federal Services' "The Basics of Asthma Management" online program to learn how to effectively manage asthma symptoms. Find it and more at [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter). You may also be eligible to get one-on-one telephone-based coaching. Check out the FAQs at [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ) to learn how you can participate.

Learn how to effectively manage your asthma symptoms with Health Net Federal Services' "The Basics of Asthma Management" self-paced online program. Locate this program and more at [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter). If you, or your child, have been diagnosed with asthma, you may be eligible to get one-on-one telephone-based coaching. Learn more at [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ).

## **Diabetes**

Do you or your child (age 12 and older) have diabetes? Whether you're newly diagnosed or you have been living with it for years, Health Net Federal Services' "The Essentials of Diabetes Management" class can get you on the right path. Find this class and more at [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter). Or, if you'd like one-on-one telephone-based coaching from a licensed clinician, find information at [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ).

Diabetes is a risk factor for developing heart disease. Health Net Federal Services' "The Essentials of Diabetes Management" recorded class can help you learn how to manage diabetes with medications, monitoring, meal planning, and movement. Learn how to make small lifestyle changes that can have a big impact on your heart and health at [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter). If you have diabetes, you may be eligible for one-on-one telephone-based coaching. Learn how to participate at [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ).

Help with diabetes. Learning self-management skills to manage your diabetes can help prevent complications. View Health Net Federal Services' "The Essentials of Diabetes Management" recorded class at [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter). You may also be eligible for individual telephone-based coaching with a diabetes educator. Check out the FAQs at [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ) to learn how to participate.

## **COPD**

DYK? The best way to prevent COPD is to never start smoking, or if you do smoke, try to quit. Although there's no cure for COPD, it can be treated and managed with exercise, nutrition counseling, energy-saving techniques, breathing strategies, and taking medication regularly. For help with managing COPD, Health Net Federal Services offers individual coaching from a licensed clinician. Visit [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ) for FAQs and to learn how to participate.

## **Heart Failure**

If you have been diagnosed with heart failure, take advantage of one-on-one coaching available to help you manage your condition and live as healthy as possible. For help with managing your heart failure, Health Net Federal Services offers individual coaching from a licensed clinician. Visit [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ) to learn how to participate.

If you have heart failure, treatment can relieve your symptoms and make daily activities easier. Lifestyle changes, self-monitoring, medications, and ongoing care can help you live a healthier life. You may be eligible to participate in individual telephone coaching with a licensed clinician. Locate Health Net Federal Services' information and nomination form at [www.tricare-west.com/go/DMFAQ](http://www.tricare-west.com/go/DMFAQ).