

# Health and Wellness Programs

## Education Opportunities for TRICARE® West Beneficiaries

Help your patients take control of their health. Health Net Federal Services offers online programs and telephone-based classes on a variety of topics. Encourage them to visit [www.tricare-west.com/go/learningcenter](http://www.tricare-west.com/go/learningcenter) to take advantage of these free health resources.



### **Making Healthy Changes for Life – Feb. 21, May 15, Aug. 21, Nov. 13, 2024**

If your patients need help determining and achieving their health goals, this 1.5 hour class is the perfect place to start. The class provides the foundation and skills needed for making any behavior change. Activities and tools are used to engage the participant to work on a chosen behavior to help improve their chances for a successful change.



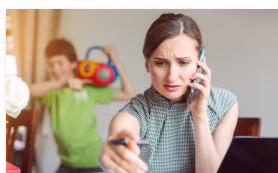
### **Heart Healthy Living – Recorded class**

Want to keep your heart healthy? In this class you will learn how the heart works, different types of heart conditions, ways to reduce risk factors for heart disease, and how to live a healthier lifestyle.



### **Preparing to Quit Tobacco – Recorded class**

If you are getting ready to quit using tobacco, we can help. This class focuses on the most current techniques and medications to assist you with quitting tobacco successfully.



### **Stress Management – Recorded classes**

*Stress Management in Times of Uncertainty* – This class will help you better understand stress and teaches skills to reduce the impact stress has on your life.

*Coping with Financial Stress* – Take control of your money. This class explains skills and provides tools and tips to effectively manage your finances.



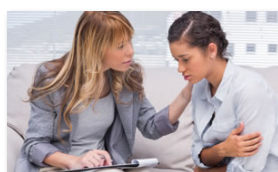
### **The Basics of Depression Management – Recorded class**

Are you interested in learning how to manage your mood? This class focuses on the basics of depression, coping skills, self-management techniques, and how to get help.



### **The Essentials of Diabetes Management – Recorded class**

Learn the four cornerstones of diabetes self-management: monitoring, medication, nutrition, and physical activity.



### **What You Need to Know About Anxiety – Recorded class**

Are you anxious or worried so often it interferes with your daily life? This class will teach you valuable coping skills and techniques to better manage your anxiety.