

October is Women's Health Month



TRICARE TIPS FOR HEALTHY LIVING
IN SUPPORT OF OPERATION LIVE WELL



Make Your Health a Priority

- Women often put their families' needs ahead of their own, ignoring minor symptoms year after year until they affect their health. Making your health a priority helps you stay in optimum shape and keeps illnesses and disease at bay.



Tip 1: See Your Provider Every Year

- Each year, get a well-woman exam. Talk to your health care provider about screenings, immunizations or family planning you might need based on your age, health habits, family and medical history.



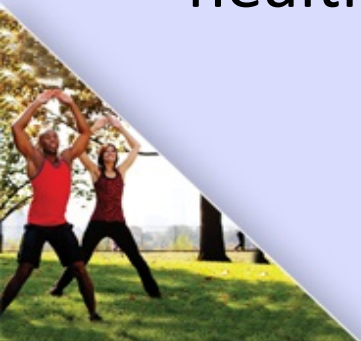
Tip 2: Know Your Blood Pressure

- According to the Centers for Disease Control and Prevention, women are often underdiagnosed for heart disease, often resulting in treatment at a later stage in the disease. Blood pressure can be high without you knowing it.
- TRICARE covers cardiovascular disease screenings, cholesterol and blood pressure checks. For more information, visit www.tricare.mil/bloodpressure.



Tip 3: Maintain a Healthy Weight

- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.
- Staying in control of your weight contributes to good health now and as you age.



Tip 4: Exercise Five Days Each Week

- Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.
- See the National Institutes of Health’s “[Guide to Physical Activity](#)” for examples of how to move more.



Tip 5: Limit Alcohol Use

- Women who drink beyond moderate levels can face a variety of health risks:
 - **Liver Damage** – Women who drink are more likely to develop liver inflammation than men.
 - **Heart Disease** – Women are more susceptible to alcohol-related heart disease than men.
 - **Breast Cancer** – Women who have about one drink per day also have an increased chance of developing breast cancer compared to women who do not drink at all.
 - **Pregnancy** – Any drinking during pregnancy is risky. It's best not to drink at all if you are pregnant or planning to get pregnant.



Tip 6: Quit Smoking

- The United States has more than 20 million women and girls who currently smoke cigarettes. Smoking puts them at risk for heart attacks, strokes, lung cancer and other serious chronic illnesses.
- More than 170,000 American women die of diseases caused by smoking each year, with additional deaths coming from the use of other tobacco products such as smokeless tobacco.

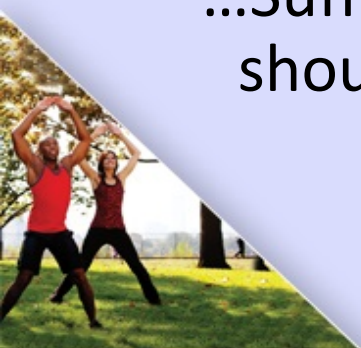


Tip 7: Get Enough Sleep

- Sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion.
- [How Much Sleep is Enough?](#)

“...Sufficient sleep is not a luxury – it is a necessity – and should be thought of as a vital sign of good health.”

--Wayne H. Giles, MD, MS, Director,
Division of Population Health,
National Center for Chronic Disease
Prevention and Health Promotion



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

