

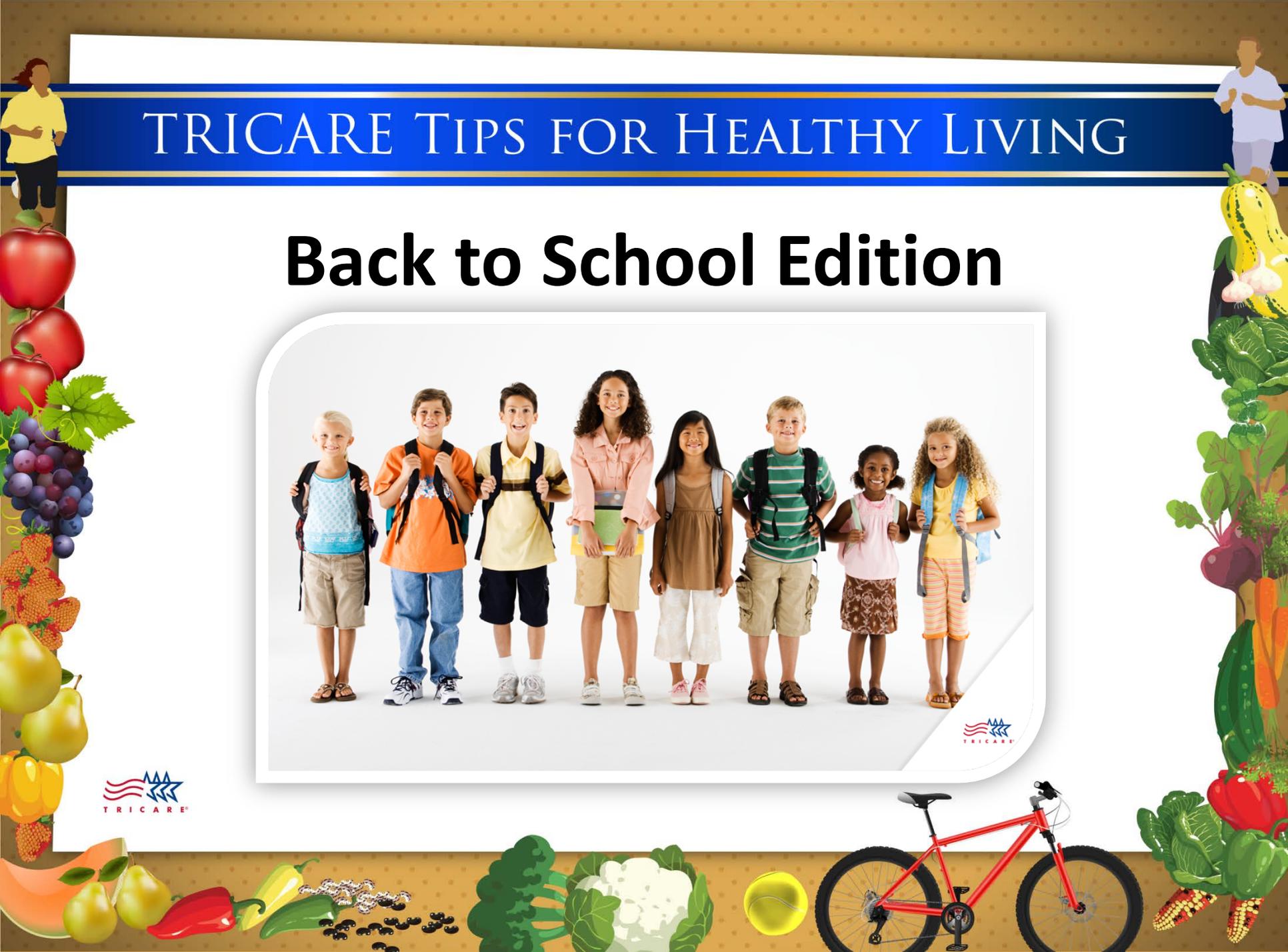


TRICARE TIPS
FOR HEALTHY LIVING
IN SUPPORT OF

OPERATION
★ Live Well ★

TRICARE TIPS FOR HEALTHY LIVING

Back to School Edition



TRICARE TIPS FOR HEALTHY LIVING

Let's Get Physicals

TRICARE covers physicals for children age 5-11 if required in connection with school enrollment.

Note: TRICARE doesn't cover annual sports physicals.

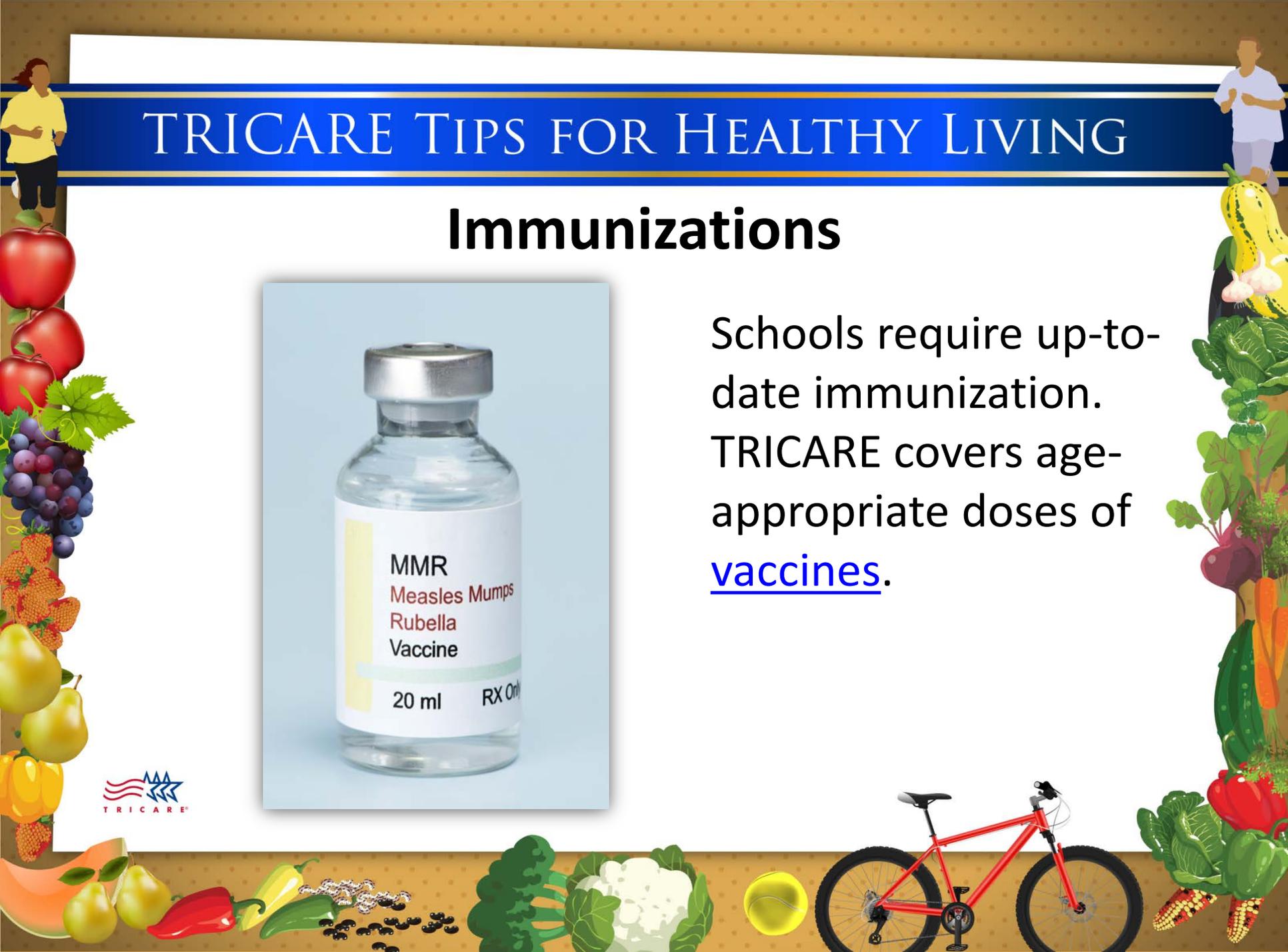


TRICARE TIPS FOR HEALTHY LIVING

Immunizations



Schools require up-to-date immunization. TRICARE covers age-appropriate doses of [vaccines](#).





TRICARE TIPS FOR HEALTHY LIVING

The Eyes Have It

Part of Well-child coverage, TRICARE covers eye and vision screening by primary care provider at birth and approximately 6 months of age.

Children also receive one routine eye examination by an ophthalmologist or optometrist every 2 years beginning at age 3 to six years of age. Children six and older, who are enrolled in Prime, continue to receive routine eye exams every 2 years.

Active Duty Family members, including family members of activated Guard and Reserve members, can get annual eye exams.



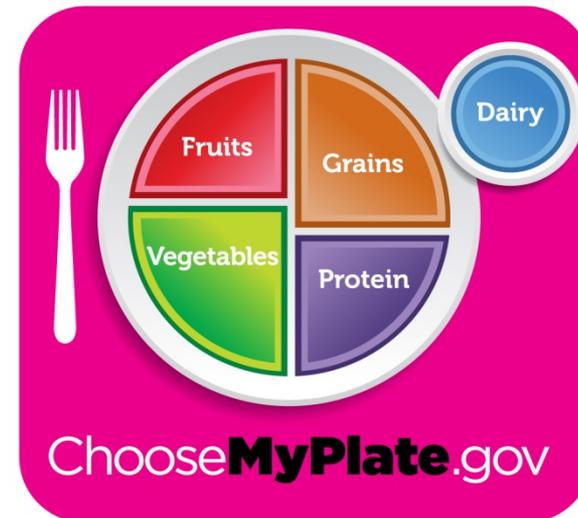
www.tricare.mil/well-child



TRICARE TIPS FOR HEALTHY LIVING

Nutritious and Delicious

Planning school lunches day after day can be tough on parents as well as children. Check out the United States Department of Agriculture's [Recipes for School Food Service](#), a list of websites with recipe ideas from across the country.



TRICARE TIPS FOR HEALTHY LIVING

Dental Check-ups



[TRICARE Dental Program](#) and [TRICARE Retiree Dental Program](#) offers dental coverage for children. Be sure to follow your plans rules for getting dental care.



TRICARE TIPS FOR HEALTHY LIVING

Dress for the Weather



Kids are going back to school and as Autumn approaches the weather is getting cooler.

Shorts might be fine for those first few weeks of school, but parents should make sure their children are dressed appropriately for the weather.



TRICARE TIPS FOR HEALTHY LIVING

Fight First Day Fear

Many children may not look forward to going back to school. Bullying and Cliques can make school hard. It's important to talk to your kids and watch for signs of distress. TRICARE covers mental health care that is medically necessary.



www.stopbullying.gov

www.tricare.mil/coveredservices/mental



TRICARE TIPS FOR HEALTHY LIVING

Resources

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

