



TRICARE TIPS
FOR HEALTHY LIVING
IN SUPPORT OF

OPERATION
★ Live Well ★



Go back to School with TRICARE's Tips for Healthy Living!



TRICARE TIPS FOR HEALTHY LIVING
IN SUPPORT OF OPERATION LIVE WELL



Have You Had Your Shots?



Many children going to school are required to get vaccines before they can begin. Check with your pediatrician or review the Center for Disease Control and Prevention's (CDCs) [Instant Childhood Immunization Schedule](#) to find out if your child is fully protected.

TRICARE covers age-appropriate doses of vaccines, as recommended by the CDC, at no cost to TRICARE beneficiaries. For more information visit, www.tricare.mil/immunizations.

Let's Get Physicals!

TRICARE covers physicals for children ages 5-11 **if required for school enrollment** and for active duty family members when traveling overseas with an active duty service member on assignment.

TRICARE doesn't cover annual sports physicals or routine physicals. For more information, please visit www.tricare.mil/backtoschool.



Dental Check-ups



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



The Eyes Have It

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

Children may also receive one routine eye examination by an ophthalmologist or optometrist every 2 years beginning at age 3 and every 2 years between ages 3-6. Coverage for well-child eye exams end on the child's 6th birthday. Please the link below

www.tricare.mil/well-child



Show Some Lunchbox Love

Pack a school lunch that is both nutritious and delicious can sometimes be challenging. We all remember trading our lunches to get something we thought was better than the food in our own lunch box.

Pack a healthy lunch to make sure your child is getting all the nutrients their growing bodies need, and also looks so appetizing so that they won't consider trading it! There are many websites with recipes created by kids for kids.

Check out USDA's [Healthy Lunchtime Challenge Cookbook](#).



Dress for the Weather

As the summer ends, stay mindful of weather changes.

For cooler weather, the CDC recommends dressing kids in layers. This way, they can adjust their clothing as temperatures change during the day. The inner layer should allow sweat to escape, the middle layer should insulate for warmth, and the outer layer should shield from wind, rain or snow.

www.cdc.gov



To Make Friends, be Friendly



The new school year can be stressful for children. Parents should watch for signs to make sure kids are handling the changes well. If they aren't and help is needed, TRICARE covers mental health services for kids and families who may need some extra help adjusting.

www.stopbullying.gov

www.tricare.mil/mentalhealth



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

