

If you have been diagnosed with heart failure, proper treatment can help you live a longer, healthier life.



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Treatment can help relieve your symptoms and make daily activity easier.





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Treatment usually includes heart-healthy lifestyle changes, self-monitoring, medicines, and ongoing care.



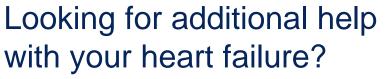




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TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit: <u>www.tricare-</u> west.com/go/DMFAQ.

