

Which Weight Loss Option Is Right For You?



Option A:

Medical Treatment Facility (MTF) Weight Loss Program

- 1) Fit For Performance (if available)
- OR
- 2) Army Wellness Center (where applicable)

- Pros:**
- Free (TRICARE Prime)
 - Usually taught by credentialed healthcare professional (Registered Dietitian Nutritionist - RDN)
 - An intense behavior and lifestyle modification program proven to be the most effective in helping you lose and maintain your weight loss
 - On-going tracking/accountability

- Cons:**
- Weekly commitment until program completion (~ 6-12 weeks)

Option B:

MTF Registered Dietitian Nutritionist (R.D.N) Visits

Only available if installation does not have a weight loss program

- Pros:**
- Free (TRICARE Prime)
 - Credentialed healthcare professional who is considered the nutrition expert
 - On-going tracking/accountability

- Cons:**
- May experience longer wait time(s) between follow-up appointments
 - May be at own expense (if you choose to go outside MTF)

Option C:

Approved Online Weight Loss Program

- 1) Military One Source - "Health and Wellness Coach":
http://www.militaryonesource.mil/health-and-wellness/healthy-living?content_id=282322
- 2) Health Net Federal Services - "Healthy Weighs":
https://www.healthnetfederalservices.com/content/hnfs/home/tn/bene/wellness/wellness_programs/online-programs/hwlanding.html
- 3) Health Net Federal Services - "Reaching a Healthy Weight":
https://www.healthnetfederalservices.com/content/hnfs/home/tn/bene/wellness/wellness_programs/online-programs/healthyweightlanding.html
- 4) Health Net Federal Services - "Making Healthy Changes for Life Tele-class":
https://www.healthnetfederalservices.com/content/hnfs/home/tn/bene/wellness/wellness_programs/TeleclassInformation/making-healthy-changes-for-life-resources.html

- Pros:**
- Free; if one chooses Military One Source or Health Net (TRICARE Prime)
 - At own convenience
 - Many have support groups

- Cons:**
- May be at your own expense (\$\$\$) if you do not choose Military One Source or Health Net Federal Services
 - Must do research to find a safe/effective program
 - Must do research to find credible nutrition and/or exercise advice

Option D:

Approved Commercial Weight Loss Program

- Pros:**
- At own convenience
 - Many have support groups
 - Many provide pre-prepared meals or beverages

- Cons:**
- May be at own expense (\$\$\$)
 - May not be conducted by a credentialed provider
 - Must do research to find a safe/effective program
 - Must do research to find credible nutrition and/or exercise advice

Option E:

Self-Directed

- Pros:**
- Great for self-motivators
 - At own convenience

- Cons:**
- May be at own expense (\$\$\$)
 - Lacks accountability / support from trained professionals
 - Must do research to find a safe/effective program
 - Must do research to find credible nutrition and/or exercise advice