



The purpose of the **PR<sub>x</sub>EVENTION FIR<sub>x</sub>ST Self-help CD** is to reduce or prevent health risks and conditions such as inactivity, obesity, diabetes, hyperlipidemia (elevated blood lipids), and hypertension (high blood pressure), thus delaying or preventing individuals from needing medications for these conditions.

The PR<sub>x</sub>EVENTION FIR<sub>x</sub>ST Self-help CD provides easy access to **tailored** exercise, nutrition, and behavior change programs for all at risk adult TRICARE beneficiaries.

Tailoring is any combination of strategies and information intended to reach **one specific person**, based on characteristics that are unique to that person, related to the **outcome of interest, and derived from an individual self-assessment**. The PR<sub>x</sub>EVENTION FIR<sub>x</sub>ST Self-help CD leads each individual through the self-assessment and health behavior planning process, using evidence based approaches to making healthy behavior change for any two of the health risks targeted by the tool and selected by the individual.

Ideally, the PR<sub>x</sub>EVENTION FIR<sub>x</sub>ST Self-help CD should be given to those individuals who express an interest during:

- Medical/Health Care Visits
- HP Programs/Outreach Efforts, such as during health fairs
- Periodic Health Assessments (PHAs) (for Active Duty)
- Fitness Enhancement Program (FEP) Participation
- ShipShape Program Participation
- Registered Dietitian visits where individual counseling is provided



To order the Prevention First Self-help CD, go to: [HP-Products@nehc.mar.med.navy.mil](mailto:HP-Products@nehc.mar.med.navy.mil)