

SYSTEM

FOR

HEALTH

PROVIDER TOOLKIT

A Toolkit for Army Medicine Healthcare Providers,
Health Promotion and Communication Staffs





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1. Introduction

Moving Towards a System for Health

The Army is not immune to the health threats that plague the Nation. Soldiers, Army Families, Retirees, and dependents are battling obesity, diabetes, and chronic diseases such as heart disease and stroke.¹ Unhealthy lifestyles contribute significantly to the high cost of healthcare and decreased health, wellness, and resiliency of military personnel, Retirees, and their dependents.² Now is our opportunity to lead and empower the Army Family to make informed choices that best improve and support their health.

On 12 March 2013, Secretary of the Army John McHugh officially launched the Army's Ready and Resilient Campaign (R2C). R2C is a campaign designed to synchronize the Army's efforts to build physical, emotional, and psychological resilience in our Soldiers, Families and Civilians. The System for Health initiative is nested with R2C. It moves the Army Medical Department (AMEDD), and ultimately the entire Army, from a system focused on delivering healthcare to a system that also proactively influences the health and well-being of all its beneficiaries with an end-state goal of preventing sickness and injury and promoting healthy choices that build resilience.

The System for Health is the partnership among Soldiers, Retirees, Families, DA Civilians, leaders, professionals, and communities to promote readiness, resilience, and overall wellbeing. It is an integration of programs, policies, and initiatives to advance disease prevention and improve health. The System for Health encourages and incentivizes personal behavior improvements to maintain, restore and improve a person's physical and mental wellbeing:

- **Maintain** health through fitness and illness/injury prevention.
- **Restore** health through patient-centered care.
- **Improve** health through education, coaching and support for making informed choices in the Lifespace (the physical and psychological environment of an individual not spent in interaction with the healthcare system). The System for Health is aligned with the Army's Human Dimension initiative to maximize individual and team performance through identification, development, and optimal integration of human capabilities.

The Performance Triad: An Enabler of the System for Health

The Army Surgeon General's Performance Triad is the first step into the System for Health and is a key enabler of the Army's Ready and Resilient campaign, the Comprehensive Soldier and Family Fitness program, the DoD's Operation Live Well program, and the National Prevention Strategy.

The Performance Triad is an initiative to influence Soldiers, Families and our beneficiary populations to improve their sleep behaviors, increase daily activity, and improve nutrition – three key components that directly impact cognitive and physical performance and influence overall health. The Performance Triad is a health literacy program and encourages Soldiers and Families to be more proactive in developing healthy behaviors for life.

1. Army Medicine Performance Triad Final Report. July 30, 2013. U.S. Army Public Health Command.

2. Timothy M. Dall, Yiduo Zhang, Yaozhu J. Chen, Rachel C. Askarinam Wagner, Paul F. Hogan, Nancy K. Fagan, Samuel T. Olaiya, and David N. Tornberg (2007). Cost Associated With Being Overweight and With Obesity, High Alcohol Consumption, and Tobacco Use Within the Military Health System's TRICARE Prime-Enrolled Population. American Journal of Health Promotion: November/December 2007, Vol. 22, No. 2, pp. 120-139.



II. How to Use this Toolkit

This toolkit contains System for Health educational materials and resources for Soldiers, Retirees, DA Civilians and their Families. The following list provides information about each educational material.

This Toolkit contains a variety of educational resources and materials. The materials have been organized in sections based on content or subject area (Products by Theme), clinical area of responsibility (Products by Product Lines and Clinics), and provider training and resources for professional development (Provider Tools). See descriptions below for more information on each section.

Products by Theme

Overarching Performance Triad Materials

This section includes a variety of Performance Triad materials and resources that promote general awareness of the Performance Triad concept and how sleep, activity, and nutrition work together to improve overall health and wellbeing.

Sleep

These materials provide in depth information on sleep and how to practice healthy sleep behaviors in a variety of situations.

Nutrition

These materials provide in depth information on nutrition and how to practice healthy nutrition in a variety of environments.

Activity

These materials provide in depth information on physical activity, injury prevention and ergonomics.

Technology

This section provides materials for beneficiaries on implementing the Performance Triad on a day-to-day basis.

Products by Product Lines and Clinics

Army Wellness Centers Promotional Materials

These materials include advertisements, posters, table tents, and tip cards created to promote the Army Wellness Centers (AWC) as a free resource for Sleep, Activity, and Nutrition-related services and information for Soldiers, Family Members, and Retirees.

Soldier-Centered Medical Home

These print and electronic materials include System for Health-related posters, tip cards, and table tents geared towards Soldiers. All materials are downloadable and most are available for ordering print copies. Promote and distribute educational materials at your MTFs or clinics.

Patient-Centered Medical Home

These print and electronic materials include posters, tip cards, and table tents geared towards Family Members, Retirees, Pre-retirees, and DA Civilians. All materials are downloadable and most are available for ordering print copies. Promote and distribute these educational materials at your MTFs or clinics.

Pediatric Clinics

These materials include fact sheets, tip cards and posters developed for parents about child health and injury prevention issues and topics.

Women's Health

These materials include tip cards and posters developed for women and their families and address women's health issues and topics.

Dental Clinics

These materials include a series of posters and other resources developed specifically for dental treatment facilities to post or disseminate to dental treatment facilities for Soldier audiences.

Veterinary Clinics

This section includes educational materials and resources developed specifically for veterinary treatment facilities.

Provider Tools (videos and briefs)

Stand-Up for Health Day Resources and Training

Get up to speed with the System for Health, why it matters to your patients, and what you can do to promote the System for Health concepts among your patients.

Women's Health On-Line Training

This section provides a variety of educational resources available to educate patients on women's health topics.

Motivational Interview Technique

This brief provides an overview of Motivational Interviewing and techniques to employ with patients.

System for Health Overview Briefing and Tools

This brief provides in depth information about the System for Health and how it ties into other Army and MEDCOM initiatives and services.

Performance Triad Overview Briefing

Learn about the Army-wide Performance Triad campaign and the educational resources available to educate beneficiaries about healthy Sleep, Activity and Nutrition.

Frequently Asked Questions

This resource addresses Army Family questions and concerns regarding the Performance Triad and other System for Health initiatives.

Website and Social Media Resources

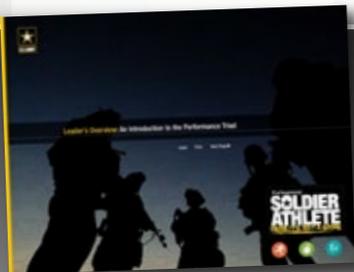
Find website and social media messaging resources developed for beneficiaries to include a 26 week social media messaging plan and monthly health observance content.



III. Products By Theme

> Performance Triad Overarching

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



Performance Triad Leader's Overview

An electronic guide for Leaders that introduces the Performance Triad Pilot and provides messaging and talking points for Sleep, Activity, and Nutrition.

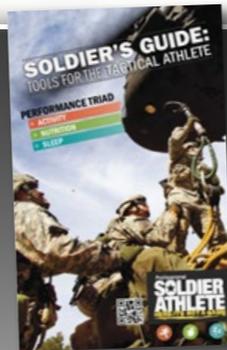
(Download only)



Performance Triad Leader Guide

A booklet and planner with weekly discussion topics for use by Squad Leaders.

(Download only)



Performance Triad Soldier's Guide

A booklet and planner with information on the Performance Triad and each of the Triad areas.

(Download only)



26 Week Health Challenge

A 26 week Challenge designed for Adults who need to kick-start healthy sleep, activity, and nutrition habits. The Challenge includes tips, resources and tracking tools.



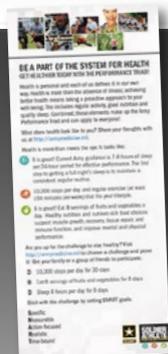
Performance Triad Mobile App

The Performance Triad Mobile App provides users with key sleep, activity and nutrition information in quick user-selected role (Soldier, Spouse, DA Civilian, Leader, etc) format.



Performance Triad Overview Video

A video that promotes key Performance Triad behaviors and is geared towards all beneficiaries. The video can be used in MTF waiting rooms or distributed via social media.



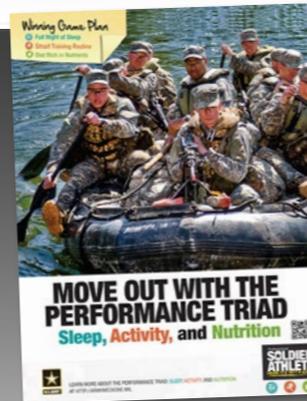
Resources for Health Bookmark

A bookmark for Leaders and Soldiers that briefly describes the Performance Triad and provides expert recommendations for Sleep, Activity, and Nutrition behaviors. A list of resources is also provided for further information.



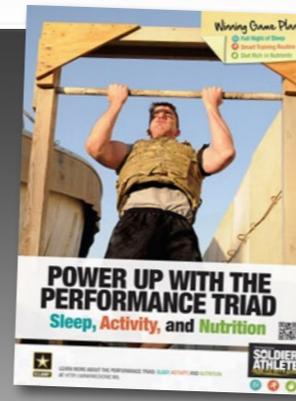
Move Out with the Performance Triad Poster

A poster intended to highlight the Performance Triad among Soldiers.



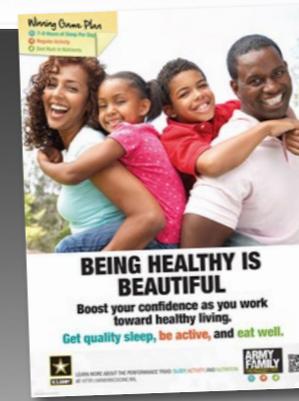
Move Out with the Performance Triad Poster

A poster intended to highlight the Performance Triad among Soldiers.



Power Up with The Performance Triad Poster

A poster intended to highlight the Performance Triad among Soldiers.



Being Healthy is Beautiful Poster

A poster intended to highlight the Performance Triad among Family Members.



Sustain Healthy Habits with the Performance Triad Poster

A poster intended to highlight the Performance Triad among Pre-Retirees.



> Performance Triad Overarching

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



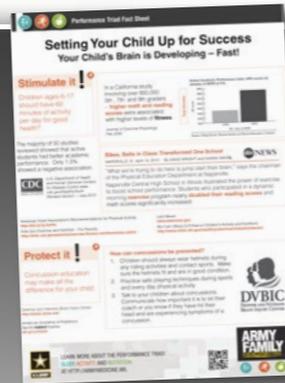
Sleep, Activity, and Nutrition Tips for Army Family Members Table Tent

A table tent that briefly describes the Performance Triad and provides an overview sleep, activity, and nutrition messaging for Army Family Members.



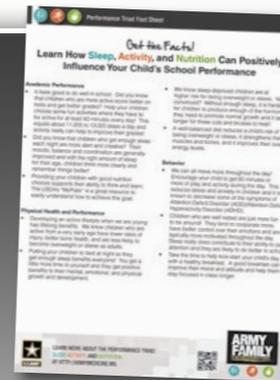
Performance Triad Tip Card

A tip card for Soldiers that provides practical tips on improving sleep, avoiding injury during physical training, and eating to boost performance and health. The value of technology in supporting a healthy lifestyle is also emphasized in the tip card.



Setting Children Up For Success: Back To School Handout

These fact sheets are developed for parents and providers healthy activity nutrition and sleep information for their school aged children.



Get the Facts: Back To School Handout

These fact sheets are developed for parents and providers healthy activity nutrition and sleep information for their school aged children.



Meet Winnie (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Masey (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Lily (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Clara (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Bleky (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Fig, Rosie & Masey (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Holly (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



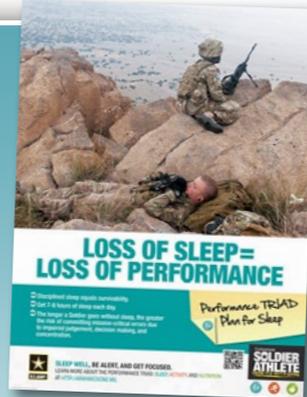
Click the product images above to download/order from the USAPHC Health Information Products eCatalog.

> Sleep



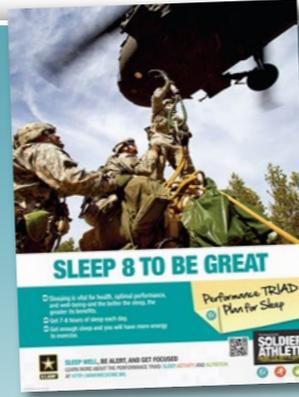
Sleep Well, Be Alert, and Get Focused with the Performance Triad Poster

A poster intended to promote the Performance Triad plan for Sleep.



Loss of Sleep = Loss of Performance Poster

A poster describing the effects of inadequate sleep on performing mission critical tasks. The poster promotes 7-8 hours of sleep each day.



Sleep 8 to Be Great Poster

A poster describing the benefits of getting 7-8 hours of sleep each day.



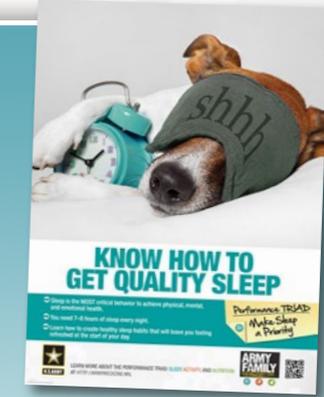
Sleep 8 to Rejuvenate Poster

A poster promoting the benefits of getting 7-8 hours of sleep every night and creating healthy sleep habits among Retirees.



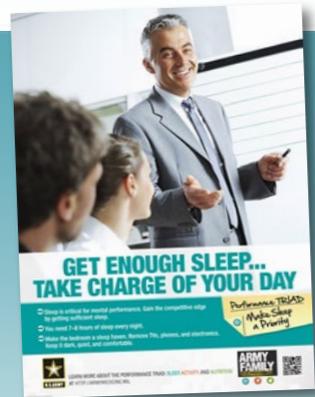
Meet Clara Poster (Sleep) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has a sleep focus.



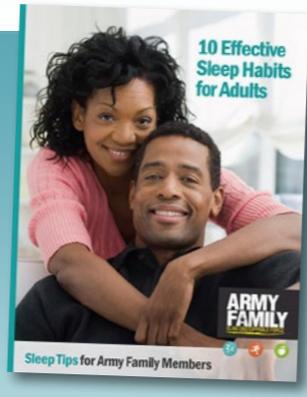
Know How to Get Quality Sleep Poster

A poster promoting the benefits of getting 7-8 hours of sleep every night.



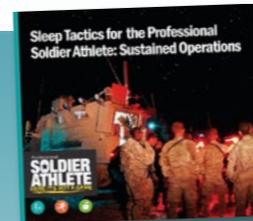
Get Enough Sleep... Take Charge of Your Day Poster

A poster promoting the benefits of getting 7-8 hours of sleep every night and creating healthy sleep habits among Pre-Retirees.



10 Effective Sleep Habits for Adults Table Tent

A table tent that describes the steps all adults can take to promote healthy sleep. Information on when to seek help for sleep problems after attempting to improve sleep habits is also provided.



Sleep Tactics for the Professional Soldier Athlete Tip Card

A tri-fold tip card that provides Soldiers and Leaders with strategies to manage sleep during sustained or continuous operations. It provides a graph depicting the impact of sleep loss over several days along with concrete strategies leaders and Soldiers can take to maximize sleep during sustained or continuous operations during training and real-world operations.



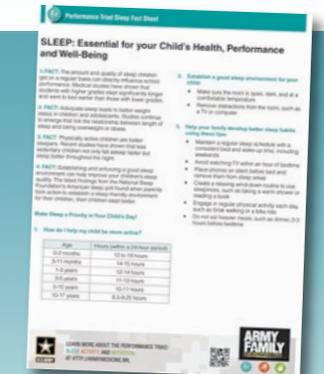
10 Effective Sleep Habits for Adults Tip Card

A bi-fold tip card that describes the steps all adults can take to promote healthy sleep. Information on when to seek help for sleep problems after attempting to improve sleep habits is also provided.



Sleep Tactics for Time Zone Travel Tip Card

The Sleep Guide provides travelers to different time zones with tactics and tips to maximize productivity and identify peak times of alertness.

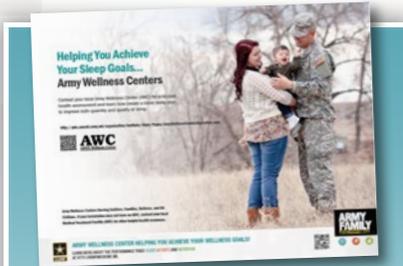


Sleep Tips: Back To School Handout

These fact sheets are developed for parents and providers healthy activity nutrition and sleep information for their school aged children.



> Sleep



AWC Sleep Ad

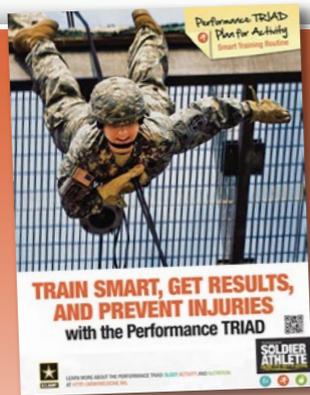
An advertisement promoting Army Wellness Centers that can be posted in garrison newspapers.

Click the product images on the left to download/order from the USAPHC Health Information Products eCatalog.



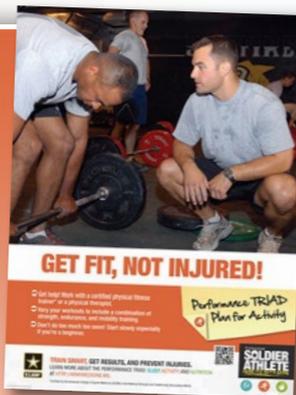
Click the product images below to download/order from the USAPHC Health Information Products eCatalog.

> Activity



Train Smart, Get Results, and Prevent Injuries with the Performance Triad Poster

A poster intended to promote the Performance Triad plan for Activity.



Get Fit, Not Injured! Poster

A poster promoting tips for safe training and injury prevention.



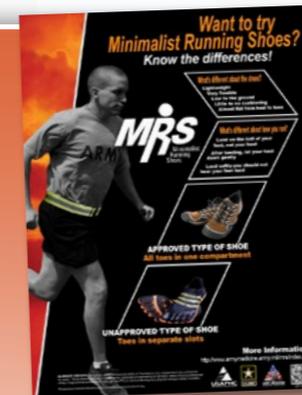
Don't Get Sideline... Train Smart! Poster

A poster promoting tips for safe training and injury prevention.



Have You Taken 10,000 Steps Today? Poster

A Poster designed for Soldiers, DA Civilians, or other building visitors to take the stairs user rather than taking the elevator to increase daily steps.



Minimalist Running Shoe Poster

A poster with information on minimalist running shoes and proper running technique.



Get a Grip! Injury Prevention Poster

A poster with tips on how to prevent injuries while exiting a vehicle.



Ergonomics: Take Time to Stretch Poster

A poster for Soldiers and Civilians with sedentary jobs with graphics of stretches to do at the desk.



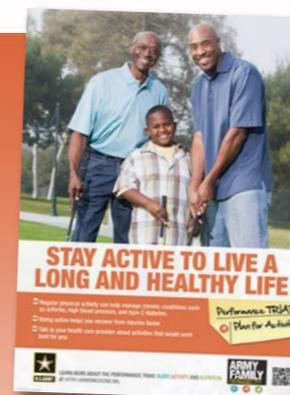
Ergonomics: Work Smarter! Ergonomic Risk Factors Poster

A Poster detailing ergonomic risk factors in the work environment that can cause stress or injury.



Make Activity a Family Affair Poster

A poster promoting activity in adults and children.



Stay Active to Live a Long and Healthy Life Poster

A poster promoting the effects of daily activity on health and recovery from injury.



Stay Active for Healthy Living Tip Card

A tri-fold tip card for Retirees containing information on the benefits of maintaining physical activity during retirement, the amount needed to receive health benefits, and tips for increasing activity throughout the day. The tip card also promotes use of the Army Wellness Centers and online resources.



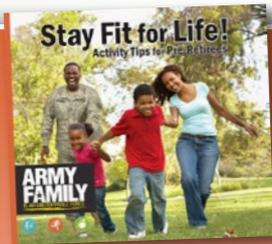
Optimize Your Performance Tip Card

A bi-fold Activity tip card for Soldiers designed to provide guidance on avoiding injuries during physical training and maintaining physical activity throughout the day.



Click the product images below to download/order from the USAPHC Health Information Products eCatalog.

> Activity



**Stay Fit for Life!
Tip Card**

A tri-fold tip card for Pre-Retirees containing information on the benefits of maintaining physical activity after retirement, the amount needed to receive health benefits, and tips for increasing activity throughout the day. The tip card also promotes use of the Army Wellness Centers and online resources.



Minimalist Running Shoe Brochure

A tri-fold tip card with information on minimalist running shoes and proper running technique.



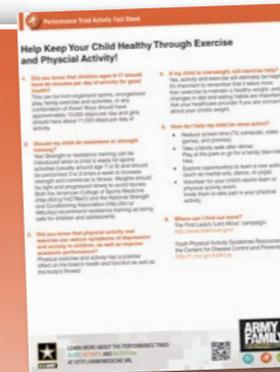
Don't Get Sidelined... Train Smart Brochure

A tri-fold brochure with information on how to prevent injuries during various activities.



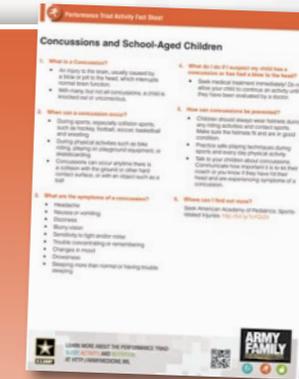
AWC Activity Ad

An advertisement promoting Army Wellness Centers that can be posted in garrison newspapers.



Activity Tips: Back To School Handout

These fact sheets are developed for parents and providers healthy activity nutrition and sleep information for their school aged children



Concussions: Back To School Handout

These fact sheets are developed for parents and providers healthy activity nutrition and sleep information for their school aged children



Meet Cora (Activity) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an activity focus.



Meet Bella (Activity) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets.



Meet Nemo (Activity) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an activity focus.



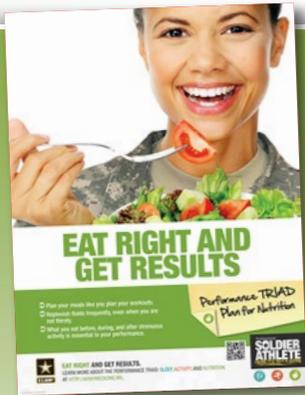
Meet Forest (Activity) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an activity focus.



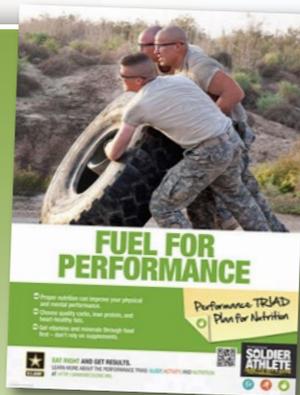
Click the product images below to download/order from the USAPHC Health Information Products eCatalog.

> Nutrition



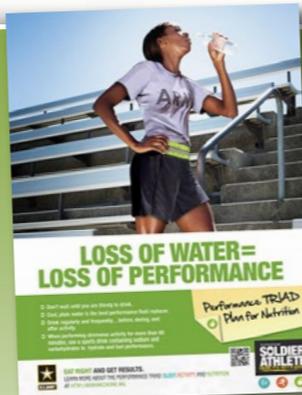
Eat Right and Get Results Poster

A poster for Soldiers promoting meal planning, proper hydration, and nutrient timing.



Fuel for Performance Poster

A poster for Soldiers with information on choosing foods that improve physical and mental performance.



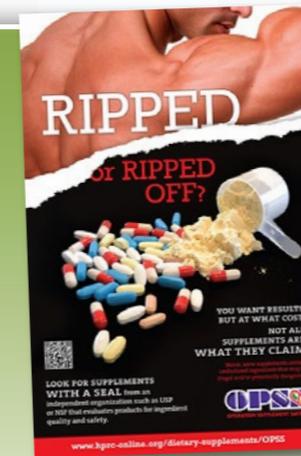
Loss of Water = Loss of Performance Poster

A poster promoting proper hydration before, during, and after activity.



Operation Supplement Safety Adverse Reactions Poster

A poster with information on how to report adverse dietary supplement reactions.



Operation Supplement Safety Ripped or Ripped Off? Poster

A poster to provide Servicemembers with information on smart dietary supplement use.



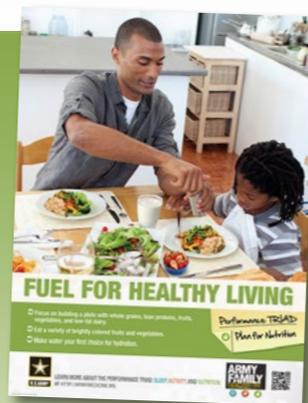
Operation Supplement Safety Taking Dietary Supplement? Eat Real Food Instead! Poster

A poster to provide Servicemembers with information on choosing real foods to meet performance needs.



Operation Energy Drinks...Think Before You Drink Poster

A poster for Servicemembers and their families with information on energy drinks.



Fuel for Healthy Living Poster

A poster promoting healthy food choices for Pre-Retirees.



Looking and Feeling Good Starts from the Inside Out Poster

A poster promoting healthy food choices for families.



Eat Well to Live Well Poster

A poster promoting healthy food choices for Retirees.



Meet Gracie (Nutrition) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has a nutrition focus.



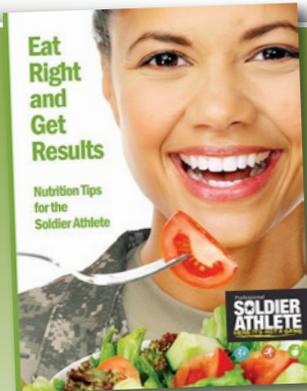
Meet Al Capone (Nutrition) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has a nutrition focus.



> Nutrition

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



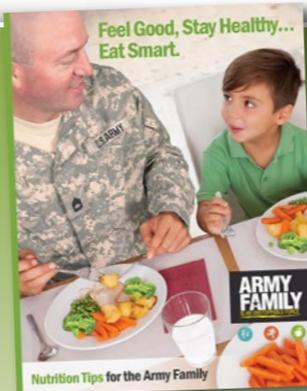
Eat Right and Get Results Table Tent

A table tent for Soldiers with information on building a healthy plate for every meal.



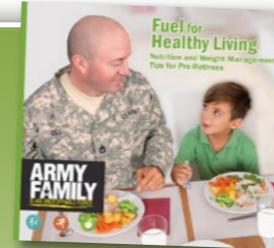
Go for Green Table Tent

A table tent for Soldiers with tips for selecting high performance foods when eating in the DFAC.



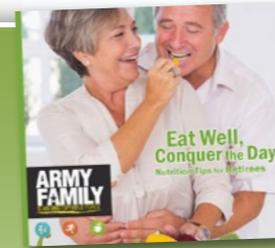
Feel Good, Stay Healthy... Eat Smart. Table Tent

A table tent with information on the benefits of proper nutrition, practicing portion control, and building a healthy plate for every meal.



Fuel for Healthy Living Tip Card

A tri-fold tip card for Pre-Retirees with information on making better food choices and preventing weight gain after retirement. The tip card also promotes use of the Army Wellness Centers as well as online and smartphone app resources.



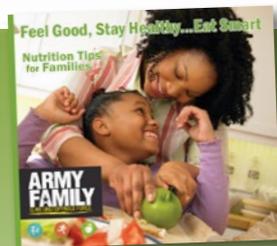
Eat Well, Conquer the Day Tip Card

A tri-fold tip card for Retirees with information on choosing healthy foods, increasing water intake, and tips for maintaining a healthy weight. The tip card also promotes use of the Army Wellness Centers as well as online and smartphone app resources.



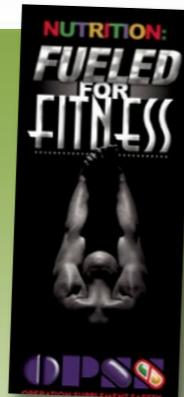
Eat Right and Get Results Tip Card

A tri-fold Nutrition tip card for Soldiers designed to provide guidance on healthy eating and proper hydration before, during, and after exercise.



Feel Good, Stay Healthy... Eat Smart Tip Card

A tri-fold tip card for families with information on the importance of family meals, increasing water intake, and tips for making meals more nutritious. The tip card also promotes use of the Army Wellness Centers as well as online and smartphone app resources.



Operation Supplement Safety Nutrition Fueled for Fitness Brochure

A brochure for Servicemembers with information on choosing real foods to meet performance needs.



Operation Supplement Safety (OPSS) Get the Scoop Brochure

A tub-shaped brochure with information on smart dietary supplement use.



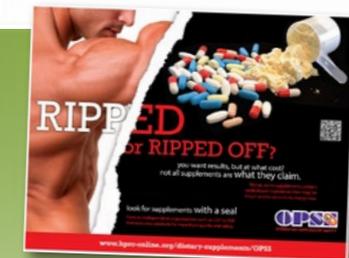
Operation Supplement Safety Campaign Overview for Leadership Postcard

A postcard for DoD leaders with information about the Operation Supplement Safety campaign.



Operation Supplement Safety Message for Warfighters and Families Postcard

A postcard for Servicemember and their families with information on smart dietary supplement use.



Operation Supplement Safety Ripped or Ripped Off Tray Mat

A traymat to provide Servicemembers in deployed settings with information on smart supplement use.

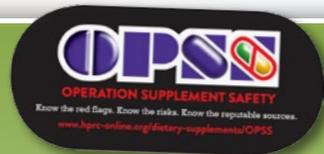


> Nutrition



AWC Nutrition Ad

An advertisement promoting Army Wellness Centers that can be posted in garrison newspapers.



Operation Supplement Safety Stickers

Operation Supplement Safety is a DoD-wide campaign. Campaign materials are available to all Services.



Nutrition Tips: Back To School Handout

These fact sheets are developed for parents and providers healthy activity butrution and sleep information for their school aged children

Click the product images on the left to download/order from the USAPHC Health Information Products eCatalog.



> Technology



Army H.E.A.L.T.H Soldier Tip Card

Highlights Army H.E.A.L.T.H. as an online resource for developing and tracking fitness and nutrition goals.



ArmyFit Tip Card

ArmyFit™ is an online resource for healthy living. The tip card describes the available features of ArmyFit™ as a tool to meet health goals.



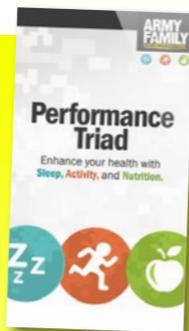
Army H.E.A.L.T.H Civilian Tip Card

Highlights Army H.E.A.L.T.H. as an online resource for developing and tracking fitness and nutrition goals.



Performance Triad Mobile App Postcard

This postcard is developed to promote the Performance Triad key target behaviors and promote the mobile app.



Performance Triad Mobile App

The Performance Triad Mobile App provides users with key sleep, activity and nutrition information in quick user selected role (Soldier, Spouse, DA Civilian, Leader, etc) format.

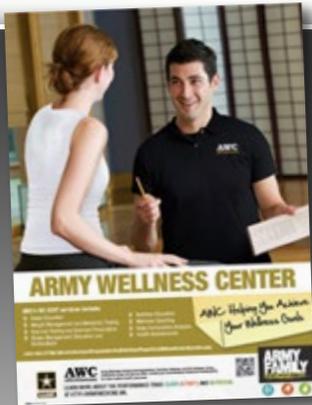
Click the product images on the left to download/order from the USAPHC Health Information Products eCatalog.



IV. Products by Product Lines and Clinics

> Army Wellness Centers Promotional Materials

Click the product images on the left to download/order from the USAPHC Health Information Products eCatalog.



AWC Poster

A poster listing the free services provided by the Army Wellness Centers to assist Soldiers, Retirees, and Family Members with their Sleep, Activity, and Nutrition goals.



AWC Table Tent

A table tent listing the free services provided by the Army Wellness Centers to assist Soldiers, Retirees, and Family Members with their Sleep, Activity, and Nutrition goals.



AWC Tip Card

A tri-fold tip card that highlights Sleep, Activity, and Nutrition-related services provided by the Army Wellness Centers at no cost to Soldiers, Retirees, and Family Members.



AWC Sleep Ad

An advertisement promoting Army Wellness Centers that can be posted in garrison newspapers.



AWC Activity Ad

An advertisement promoting Army Wellness Centers that can be posted in garrison newspapers.



AWC Nutrition Ad

An advertisement promoting Army Wellness Centers that can be posted in garrison newspapers.



Soldier-Centered Medical Home

> Educational Materials For Soldiers

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



Performance Triad Leader's Overview

An electronic guide for Leaders that introduces the Performance Triad Pilot and provides messaging and talking points for Sleep, Activity, and Nutrition.

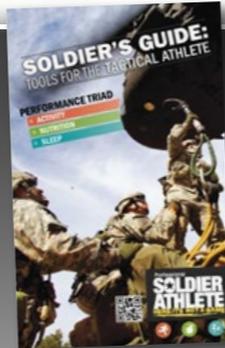
(Download only)



Performance Triad Leader Guide

A booklet and planner with weekly topics for discussion for use by Squad Leaders.

(Download only)



Performance Triad Soldier's Guide

A booklet and planner with information on the Performance Triad and each of the Triad areas.

(Download only)



26 Week Health Challenge

A 26 week Challenge designed for Adults who need to kick-start healthy activity, nutrition and sleep habits. The Challenge includes tips, resources and tracking tools.



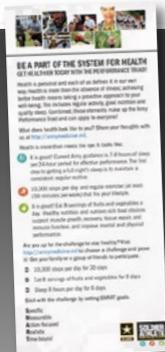
Performance Triad Mobile App

The Performance Triad Mobile App provides users with key sleep, activity and nutrition information in quick user selected role (Soldier, Spouse, DA Civilian, Leader, etc) format.



Performance Triad Overview Video

A video that promotes key Performance Triad behaviors and is geared towards all beneficiaries. The video can be used in MTF waiting rooms or distributed via social media.



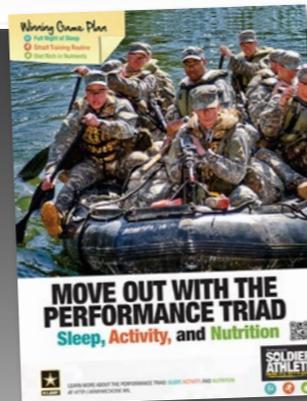
Resources for Health Bookmark

A bookmark for Leaders and Soldiers that briefly describes the Performance Triad and provides expert recommendations for Sleep, Activity, and Nutrition behaviors. A list of resources is also provided for further information.



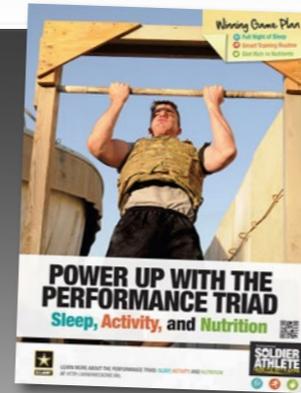
Move Out with the Performance Triad Poster

A poster intended to highlight the Performance Triad among Soldiers.



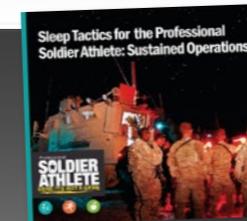
Move Out with the Performance Triad Poster

A poster intended to highlight the Performance Triad among Soldiers.



Power Up with The Performance Triad Poster

A poster intended to highlight the Performance Triad among Soldiers.



Sleep Tactics for the Professional Soldier Athlete Tip Card

A tri-fold tip card provides Soldiers and Leaders with strategies to manage sleep during sustained or continuous operations. It provides a graph depicting the impact of sleep loss over several days along with concrete strategies leaders and Soldiers can take to maximize sleep during sustained or continuous operations during training and real-world operations.



Performance Triad Tip Card

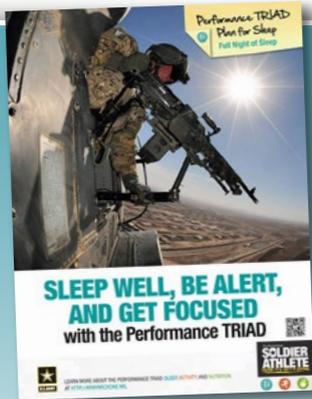
A tip card for Soldiers that provides practical tips on improving sleep, avoiding injury during physical training, and eating to boost performance and health. The value of technology in supporting a healthy lifestyle is also emphasized in the tip card.



Soldier-Centered Medical Home

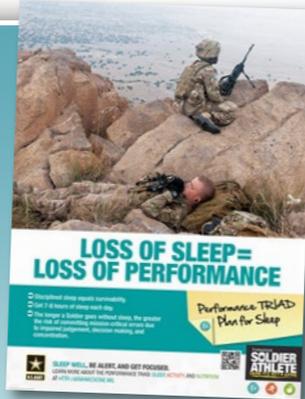
> Educational Materials For Soldiers

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



Sleep Well, Be Alert, and Get Focused with the Performance Triad Poster

A poster intended to promote the Performance Triad plan for Sleep.



Loss of Sleep = Loss of Performance Poster

A poster describing the effects of inadequate sleep on performing mission critical tasks. The poster promotes 7-8 hours of sleep each day.



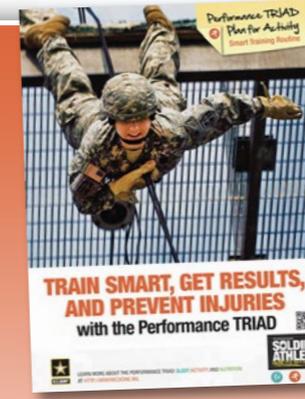
Sleep 8 to Be Great Poster

A poster describing the benefits of getting 7-8 hours of sleep each day.



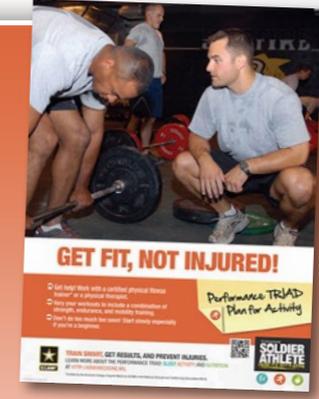
Sleep Tactics for Time Zone Travel Tip Card

User Guide provides travelers in different time zones with tactics and tips to maximize productivity and peak times of alertness.



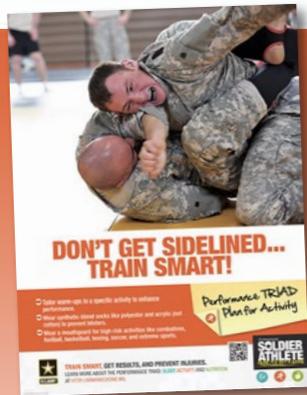
Train Smart, Get Results, and Prevent Injuries with the Performance Triad Poster

A poster intended to promote the Performance Triad plan for Activity.



Get Fit, Not Injured! Poster

A poster promoting tips for safe training and injury prevention.



Don't Get Sideline... Train Smart! Poster

A poster promoting tips for safe training and injury prevention.



Have You Taken 10,000 Steps Today? Poster

A Poster designed for Soldiers, DA Civilians, or other building visitors to take the stairs use rather than taking the elevator to increase daily steps.



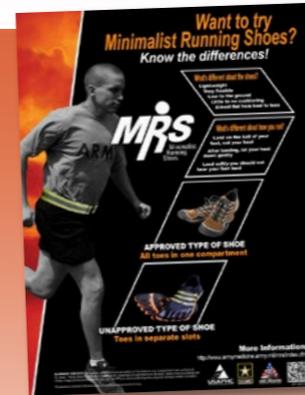
Ergonomics: Take Time to Stretch Poster

A poster for Soldiers and Civilians with sedentary jobs with graphics of stretches to do at the desk.



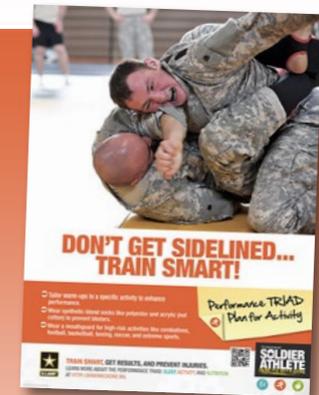
Ergonomics: Work Smarter! Ergonomic Risk Factors Poster

A Poster detailing ergonomic risk factors in the work environment that can cause stress or injury.



Minimalist Running Shoe Poster

A poster with information on minimalist running shoes and proper running technique.



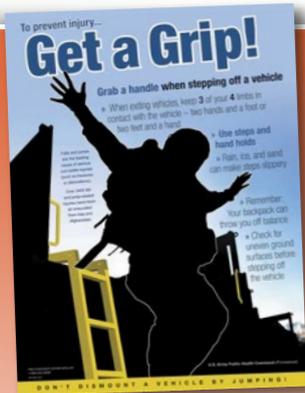
Don't Get Sideline... Train Smart! Poster

A poster promoting tips for safe training and injury prevention.

Soldier-Centered Medical Home

> Educational Materials For Soldiers

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Get a Grip! Injury Prevention Poster

A poster with tips on how to prevent injuries while exiting a vehicle.



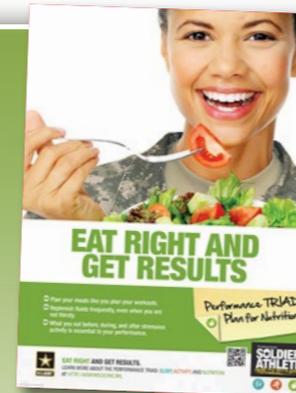
Minimalist Running Shoe Brochure

A tri-fold tip card with information on minimalist running shoes and proper running technique.



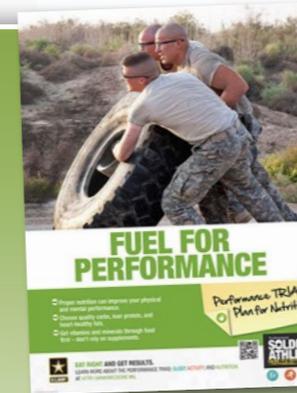
Optimize Your Performance Tip Card

A bi-fold Activity tip card for Soldiers designed to provide guidance on avoiding injuries during physical training and maintaining physical activity throughout the day.



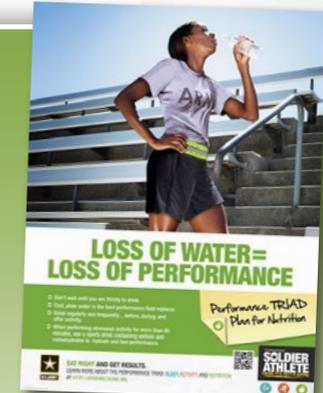
Eat Right and Get Results Poster

A poster for Soldiers promoting meal planning, proper hydration, and nutrient timing.



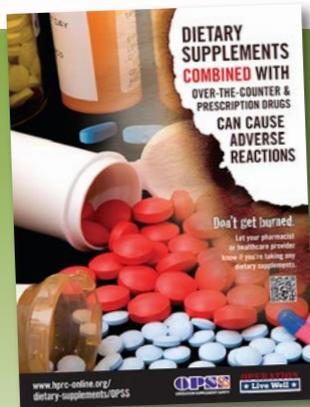
Fuel for Performance Poster

A poster for Soldiers with information on choosing foods that improve physical and mental performance.



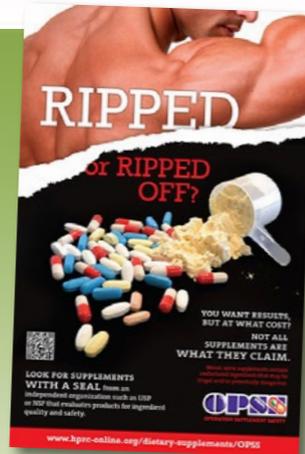
Loss of Water = Loss of Performance Poster

A poster promoting proper hydration before, during, and after activity.



Operation Supplement Safety Adverse Reactions Poster

A poster with information on how to report adverse dietary supplement reactions.



Operation Supplement Safety Ripped or Ripped Off? Poster

A poster to provide Servicemembers with information on smart dietary supplement use.



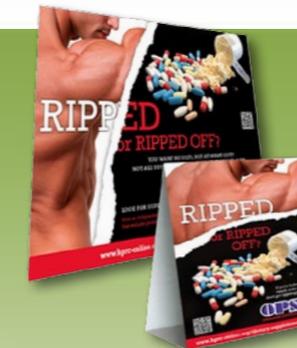
Operation Supplement Safety Taking Dietary Supplement? Eat Real Food Instead! Poster

A poster to provide Servicemembers with information on choosing real foods to meet performance needs.



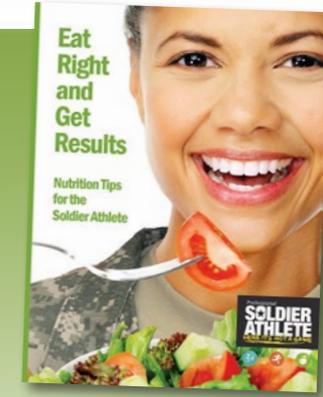
Operation Energy Drinks...Think Before You Drink Poster

A poster for Servicemembers and their families with information on energy drinks.



Operation Supplement Safety Ripped or Ripped Off Table Tent

A tabletop tent to provide Servicemembers with information on smart dietary supplement use.



Eat Right and Get Results Table Tent

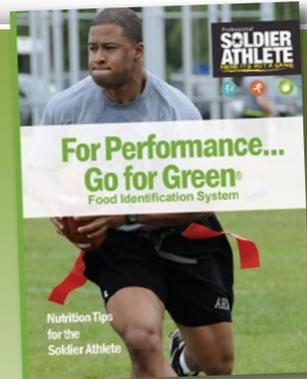
A table tent for Soldiers with information on building a healthy plate for every meal.



Soldier-Centered Medical Home

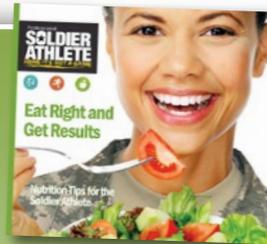
> Educational Materials For Soldiers

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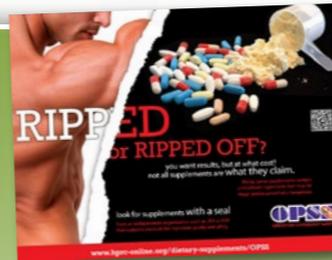
Go for Green Table Tent

A table tent for Soldiers with tips for selecting high performance foods when eating in the DFAC.



Eat Right and Get Results Tip Card

A tri-fold Nutrition tip card for Soldiers designed to provide guidance on healthy eating and proper hydration before, during, and after exercise.



Operation Supplement Safety Ripped or Ripped Off Tray Mat

A traymat to provide Servicemembers in deployed settings with information on smart supplement use.



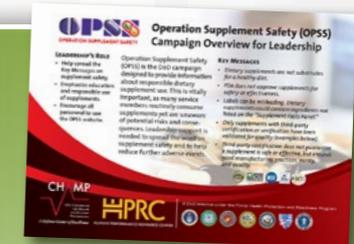
Operation Supplement Safety (OPSS) Get the Scoop Brochure

A tub-shaped brochure with information on smart dietary supplement use.



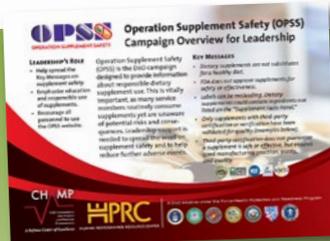
Operation Supplement Safety Nutrition Fueled for Fitness Brochure

A brochure for Servicemembers with information on choosing real foods to meet performance needs.



Operation Supplement Safety Campaign Overview for Leadership Postcard

A postcard for DoD leaders with information about the Operation Supplement Safety campaign.



Operation Supplement Safety Message for Warfighters and Families Postcard

A postcard for Servicemember and their families with information on smart dietary supplement use.



Army H.E.A.L.T.H Soldier Tip Card

Highlights Army H.E.A.L.T.H. as an online resource for developing and tracking fitness and nutrition goals.



Patient-Centered Medical Home

> Educational Materials For Spouses

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



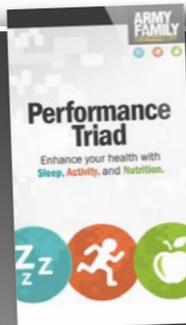
26 Week Health Challenge

A 26 week Challenge designed for Adults who need to kick-start healthy activity, nutrition and sleep habits. The Challenge includes tips, resources and tracking tools.



Performance Triad Overview Video

A video that promotes key Performance Triad behaviors and is geared towards all beneficiaries. The video can be used in MTF waiting rooms or distributed via social media.



Performance Triad Mobile App

The Performance Triad Mobile App provides users with key sleep, activity and nutrition information in quick user selected role (Soldier, Spouse, DA Civilian, Leader, etc) format.



Being Healthy is Beautiful Poster

A poster intended to highlight the Performance Triad among Family Members.



Sleep, Activity, and Nutrition Tips for Army Family Members Table Tent

A table tent that briefly describes the Performance Triad and provides an overview of SAN messaging for Army Family Members.



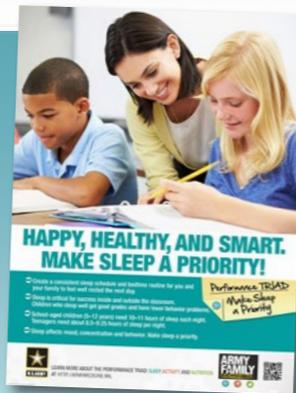
Sleep, Activity, and Nutrition Tips for Parents Tip Card

A tri-fold tip card for parents with information on encouraging activity, proper nutrition, and healthy sleep habits in children.



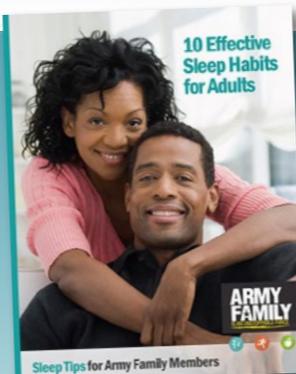
Know How to Get Quality Sleep Poster

A poster promoting the benefits of getting 7-8 hours of sleep every night.



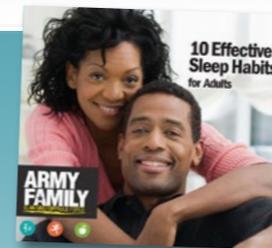
Happy, Healthy, and Smart. Make Sleep a Priority! Poster

A poster promoting the effects of quality sleep on academic performance in children.



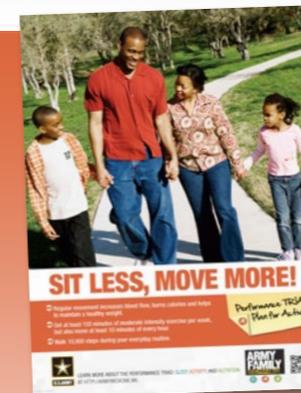
10 Effective Sleep Habits for Adults Table Tent

A table tent that describes the steps all adults can take to promote healthy sleep. Information on when to seek help for sleep problems after attempting to improve sleep habits is also provided.



10 Effective Sleep Habits for Adults Tip Card

A bi-fold tip card that describes the steps all adults can take to promote healthy sleep. Information on when to seek help for sleep problems after attempting to improve sleep habits is also provided.



Sit Less, Move More! Poster

A poster promoting the benefits of daily physical activity.



Make Activity a Family Affair Poster

A poster promoting activity in adults and children.



Patient-Centered Medical Home

> Educational Materials For Spouses

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



Have You Taken 10,000 Steps Today? Poster

A Poster designed for Soldiers, DA Civilians, or other building visitors to take the stairs use rather than taking the elevator to increase daily steps.



Ergonomics: Take Time to Stretch Poster

A poster for Soldiers and Civilians with sedentary jobs with graphics of stretches to do at the desk.



Ergonomics: Work Smarter! Ergonomic Risk Factors Poster

A Poster detailing ergonomic risk factors in the work environment that can cause stress or injury.



Sit Less, Move More! Table Tent

A table tent for families containing information on the benefits of daily physical activity, the amount needed per week, and tips for building activity into a daily routine.



Take Steps Toward Healthy Living Tip Card

A tri-fold tip card for adults containing information on the benefits of physical activity, the amount needed to receive health benefits, and tips for increasing activity throughout the day. The tip card also promotes use of the Army Wellness Centers and online resources.



Minimalist Running Shoe Brochure

A tri-fold tip card with information on minimalist running shoes and proper running technique.



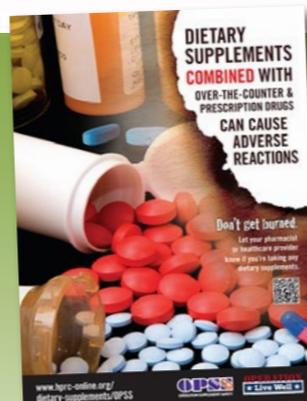
Don't Get Sidelined... Train Smart Brochure

A tri-fold brochure with information on how to prevent injuries during various activities.



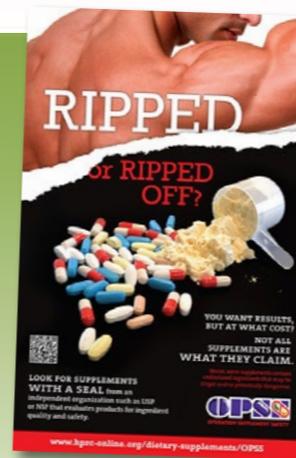
Looking and Feeling Good Starts from the Inside Out Poster

A poster promoting healthy food choices for families.



Operation Supplement Safety Adverse Reactions Poster

A poster with information on how to report adverse dietary supplement reactions.



Operation Supplement Safety Ripped or Ripped Off? Poster

A poster to provide Servicemembers with information on smart dietary supplement use.



Operation Supplement Safety Taking Dietary Supplement? Eat Real Food Instead! Poster

A poster to provide Servicemembers with information on choosing real foods to meet performance needs.



Operation Energy Drinks...Think Before You Drink Poster

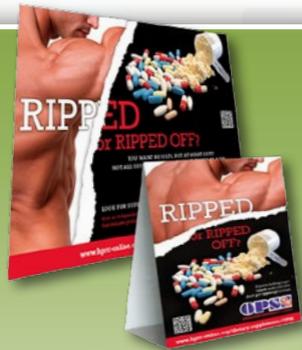
A poster for Servicemembers and their families with information on energy drinks.



Patient-Centered Medical Home

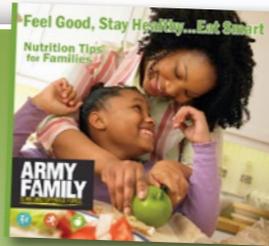
> Educational Materials For Spouses

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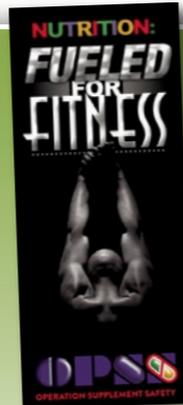
Operation Supplement Safety Ripped or Ripped Off Table Tent

A tabletop to provide Servicemembers with information on smart dietary supplement use.



Feel Good, Stay Healthy... Eat Smart Tip Card

A tri-fold tip card for families with information on the importance of family meals, increasing water intake, and tips for making meals more nutritious. The tip card also promotes use of the Army Wellness Centers as well as online and smartphone app resources.



Operation Supplement Safety Nutrition Fueled for Fitness Brochure

A brochure for Servicemembers with information on choosing real foods to meet performance needs.



Operation Supplement Safety (OPSS) Get the Scoop Brochure

A tub-shaped brochure with information on smart dietary supplement use.



Operation Supplement Safety Message for Warfighters and Families Postcard

Operation Supplement Safety is a DoD-wide campaign. Campaign materials are available to all Services.



ArmyFit Tip Card

ArmyFit™ is an online resource for healthy living. The tip card describes the available features of ArmyFit™ as a tool to meet health goals.



Army H.E.A.L.T.H. Civilian Tip Card

Highlights Army H.E.A.L.T.H. as an online resource for developing and tracking fitness and nutrition goals.

Patient-Centered Medical Home

> Educational Materials For Retirees and Pre-Retirees

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



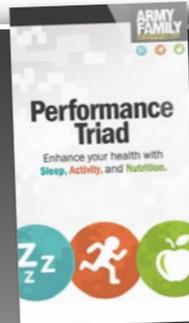
26 Week Health Challenge

A 26 week Challenge designed for Adults who need to kick-start healthy activity, nutrition and sleep habits. The Challenge includes tips, resources and tracking tools.



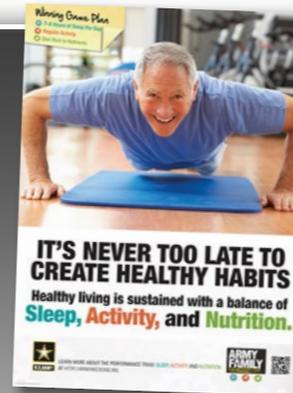
Performance Triad Overview Video

A video that promotes key Performance Triad behaviors and is geared towards all beneficiaries. The video can be used in MTF waiting rooms or distributed via social media.



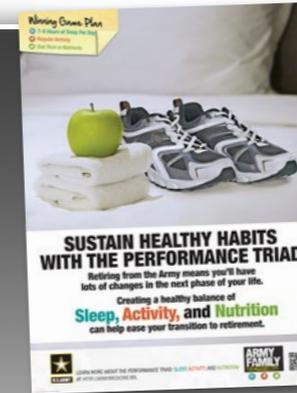
Performance Triad Mobile App

The Performance Triad Mobile App provides users with key sleep, activity and nutrition information in quick user selected role (Soldier, Spouse, DA Civilian, Leader, etc) format.



Sustain Healthy Habits with the Performance Triad Poster

A poster intended to highlight the Performance Triad among Retirees.



Sustain Healthy Habits with the Performance Triad Poster

A poster intended to highlight the Performance Triad among Pre-Retirees.



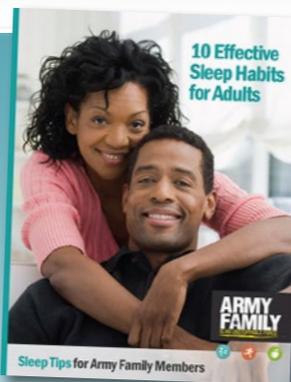
Sleep 8 to Rejuvenate Poster

A poster promoting the benefits of getting 7-8 hours of sleep every night and creating healthy sleep habits among Retirees.



Get Enough Sleep... Take Charge of Your Day Poster

A poster promoting the benefits of getting 7-8 hours of sleep every night and creating healthy sleep habits among Pre-Retirees.



10 Effective Sleep Habits for Adults Table Tent

A table tent that describes the steps all adults can take to promote healthy sleep. Information on when to seek help for sleep problems after attempting to improve sleep habits is also provided.



10 Effective Sleep Habits for Adults Tip Card

A bi-fold tip card that describes the steps all adults can take to promote healthy sleep. Information on when to seek help for sleep problems after attempting to improve sleep habits is also provided.



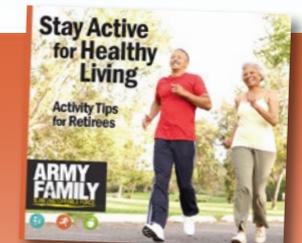
Live a Long and Healthy Life by Staying Active Poster

A poster promoting the benefits of daily physical activity.



Have You Taken 10,000 Steps Today? Poster

A Poster designed for Soldiers, DA Civilians, or other building visitors to take the stairs use rather than taking the elevator to increase daily steps.



Stay Active for Healthy Living Living Tip Card

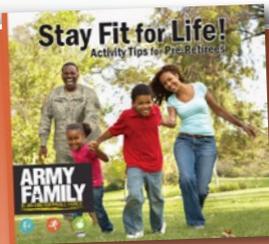
A tri-fold tip card for Retirees containing information on the benefits of maintaining physical activity during retirement, the amount needed to receive health benefits, and tips for increasing activity throughout the day. The tip card also promotes use of the Army Wellness Centers and online resources.



Patient-Centered Medical Home

> Educational Materials For Retirees and Pre-Retirees

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



Stay Fit for Life! Tip Card

A tri-fold tip card for Pre-Retirees containing information on the benefits of maintaining physical activity after retirement, the amount needed to receive health benefits, and tips for increasing activity throughout the day. The tip card also promotes use of the Army Wellness Centers and online resources.



Minimalist Running Shoe Brochure

A tri-fold tip card with information on minimalist running shoes and proper running technique.



Don't Get Sidelined... Train Smart Brochure

A tri-fold brochure with information on how to prevent injuries during various activities.



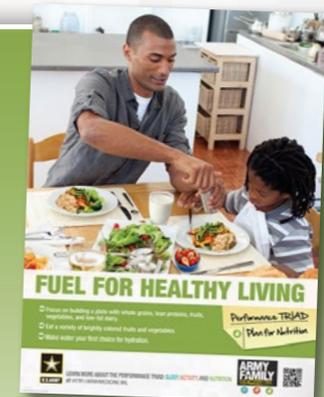
Eat Well to Live Well Poster

A poster promoting healthy food choices for Retirees.



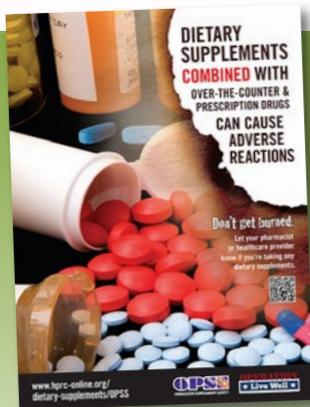
Looking and Feeling Good Starts from the Inside Out Poster

A poster promoting healthy food choices for families.



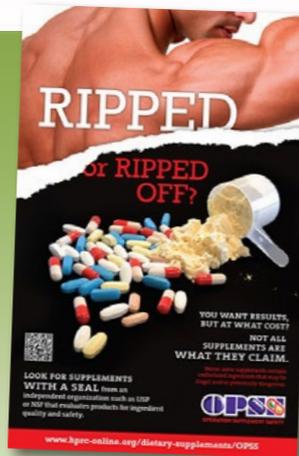
Fuel for Healthy Living Poster

A poster promoting healthy food choices for Pre-Retirees.



Operation Supplement Safety Adverse Reactions Poster

A poster with information on how to report adverse dietary supplement reactions.



Operation Supplement Safety Ripped or Ripped Off? Poster

A poster to provide Servicemembers with information on smart dietary supplement use.



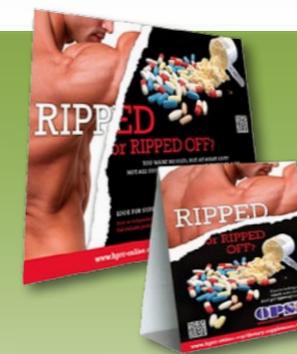
Operation Supplement Safety Taking Dietary Supplement? Eat Real Food Instead! Poster

A poster to provide Servicemembers with information on choosing real foods to meet performance needs.



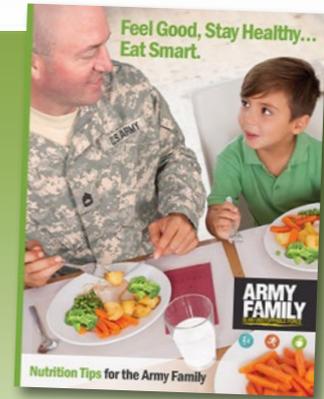
Operation Energy Drinks... Think Before You Drink Poster

A poster for Servicemembers and their families with information on energy drinks.



Operation Supplement Safety Ripped or Ripped Off Table Tent

A tabletent to provide Servicemembers with information on smart dietary supplement use.



Feel Good, Stay Healthy... Eat Smart. Table Tent

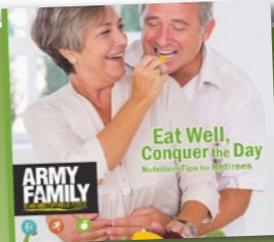
A table tent with information on the benefits of proper nutrition, practicing portion control, and building a healthy plate for every meal.



Patient-Centered Medical Home

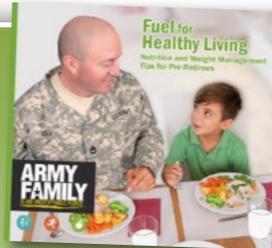
> Educational Materials For Retirees and Pre-Retirees

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



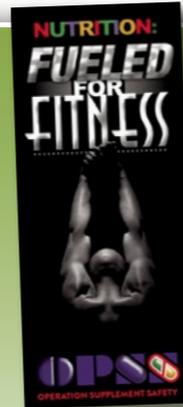
Eat Well, Conquer the Day Day Tip Card

A tri-fold tip card for Retirees with information on choosing healthy foods, increasing water intake, and tips for maintaining a healthy weight. The tip card also promotes use of the Army Wellness Centers as well as online and smartphone app resources.



Fuel for Healthy Living Tip Card

A tri-fold tip card for Pre-Retirees with information on making better food choices and preventing weight gain after retirement. The tip card also promotes use of the Army Wellness Centers as well as online and smartphone app resources.



Operation Supplement Safety Nutrition Fueled for Fitness Brochure

A brochure for Servicemembers with information on choosing real foods to meet performance needs.



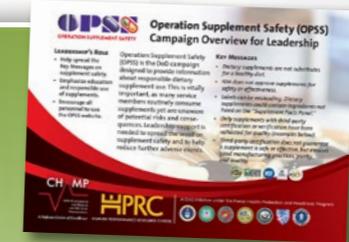
Operation Supplement Safety (OPSS) Get the Scoop Brochure

A tub-shaped brochure with information on smart dietary supplement use.



Operation Supplement Safety Campaign Overview for Leadership Postcard

A postcard for DoD leaders with information about the Operation Supplement Safety campaign.



Operation Supplement Safety Message for Warfighters and Families Postcard

A postcard for Servicemember and their families with information on smart dietary supplement use.



ArmyFit™ Tip Card

A tri-fold tip card highlighting ArmyFit™ as an online resource for healthy living. The tip card describes the available features of ArmyFit™ as a tool to meet health goals.



Army H.E.A.L.T.H. Civilian Tip Card

A tri-fold tip card highlighting Army H.E.A.L.T.H. as an online resource for developing and tracking fitness and nutrition goals. Instructions for accessing the website and descriptions of the available features are provided in the tip card.



Pediatric Clinic Resources

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



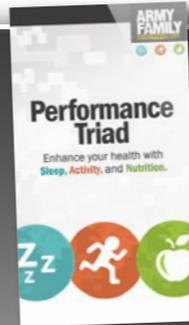
26 Week Health Challenge

A 26 week Challenge designed for Adults who need to kick-start healthy activity, nutrition and sleep habits. The Challenge includes tips, resources and tracking tools.



Performance Triad Overview Video

A video that promotes key Performance Triad behaviors and is geared towards all beneficiaries. The video can be used in MTF waiting rooms or distributed via social media.



Performance Triad Mobile App

The Performance Triad Mobile App provides users with key sleep, activity and nutrition information in quick user selected role (Soldier, Spouse, DA Civilian, Leader, etc) format.



Being Healthy is Beautiful Poster

A poster intended to highlight the Performance Triad among Family Members.



Sleep, Activity, and Nutrition Tips for Army Family Members Table Tent

A table tent that briefly describes the Performance Triad and provides an overview of SAN messaging for Army Family Members.



Get the Facts: Back To School Handout Tip Card

These fact sheets are developed for parents and providers healthy activity nutrition and sleep information for their school aged children



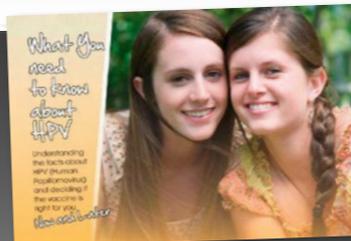
Setting Children Up For Success: Back To School Handout Tip Card

These fact sheets are developed for parents and providers healthy activity nutrition and sleep information for their school aged children.



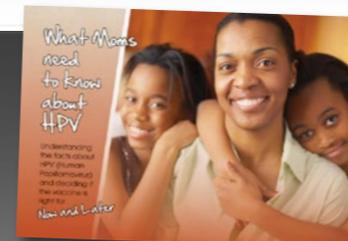
Sleep, Activity, and Nutrition Tips for Parents Tip Card

A tri-fold tip card for parents with information on encouraging activity, proper nutrition, and healthy sleep habits in children.



HPV: What You Need To Know about HPV (for teens) Tip Card

Information for teenagers on human papillomavirus.



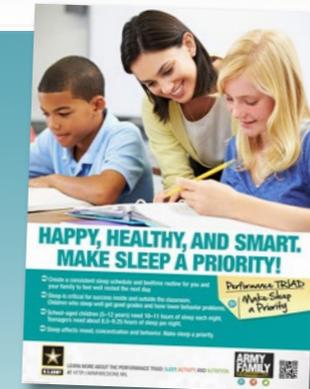
HPV: What Moms Need To Know About HPV Tip Card

Information for parents on human papillomavirus.



HPV: What Dads Need To Know About HPV Tip Card

Information for parents on human papillomavirus.



Happy, Healthy, and Smart. Make Sleep a Priority! Poster

A poster promoting the effects of quality sleep on academic performance in children.



Pediatric Clinic Resources

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



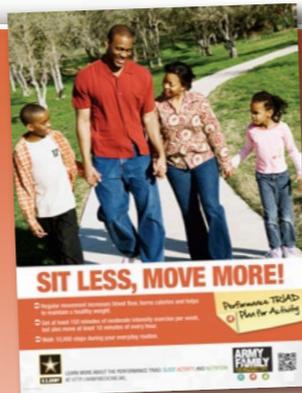
Know How to Get Quality Sleep Poster

A poster promoting the benefits of getting 7-8 hours of sleep every night.



Sleep Tips: Back To School Handout Tip Card

These fact sheets are developed for parents and providers healthy activity nutrition and sleep information for their school aged children



Sit Less, Move More! Poster

A poster promoting the benefits of daily physical activity.



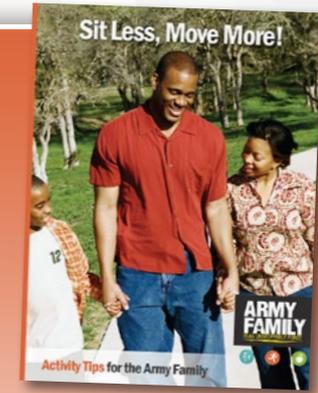
Make Activity a Family Affair Poster

A poster promoting activity in adults and children.



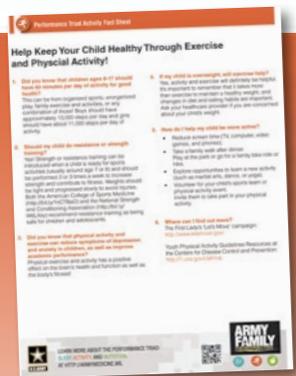
Live a Long and Healthy Life by Staying Active Poster

A poster promoting the benefits of daily physical activity.



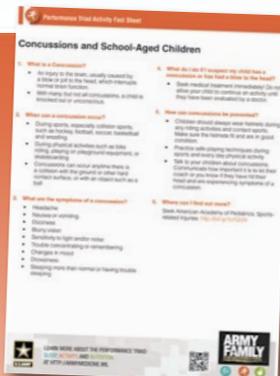
Sit Less, Move More! Table Tent

A table tent for families containing information on the benefits of daily physical activity, the amount needed per week, and tips for building activity into a daily routine.



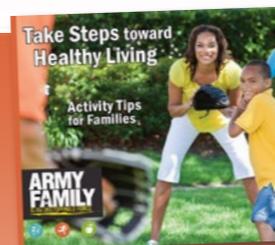
Activity Tips: Back To School Handout Tip Card

These fact sheets are developed for parents and providers healthy activity nutrition and sleep information for their school aged children



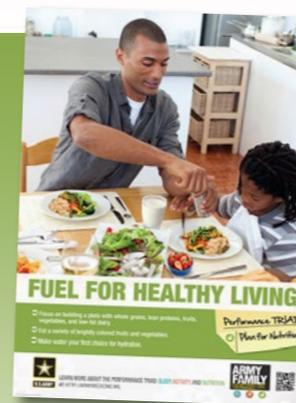
Concussions: Back To School Handout Tip Card

These fact sheets are developed for parents and providers healthy activity nutrition and sleep information for their school aged children



Take Steps Toward Healthy Living Tip Card

A tri-fold tip card for adults containing information on the benefits of physical activity, the amount needed to receive health benefits, and tips for increasing activity throughout the day. The tip card also promotes use of the Army Wellness Centers and online resources.



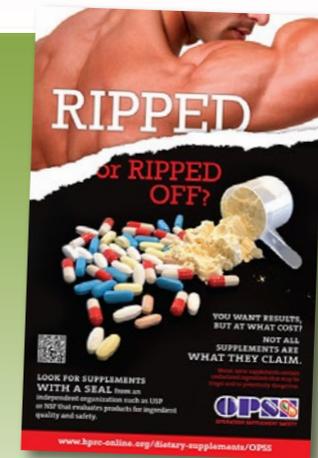
Fuel for Healthy Living Poster

A poster promoting healthy food choices for Pre-Retirees.



Looking and Feeling Good Starts from the Inside Out Poster

A poster promoting healthy food choices for families.



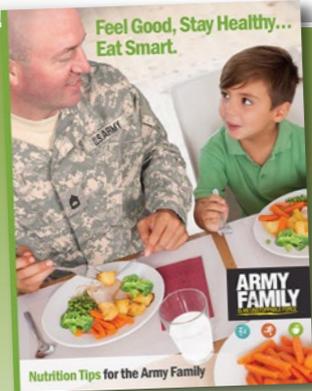
Operation Supplement Safety Ripped or Ripped Off? Poster

A poster to provide Servicemembers with information on smart dietary supplement use.



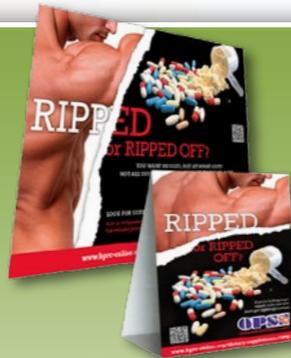
Pediatric Clinic Resources

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



Feel Good, Stay Healthy... Eat Smart. Table Tent

A table tent with information on the benefits of proper nutrition, practicing portion control, and building a healthy plate for every meal.



Operation Supplement Safety Ripped or Ripped Off Table Tent

A table tent to provide Servicemembers with information on smart dietary supplement use.



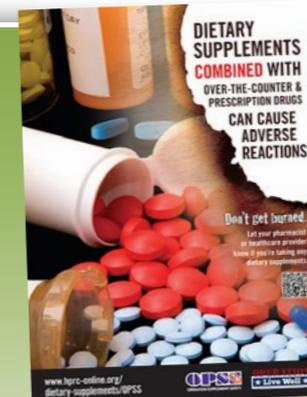
Operation Supplement Safety Taking Dietary Supplement? Eat Real Food Instead! Poster

A poster to provide Servicemembers with information on choosing real foods to meet performance needs.



Operation Energy Drinks... Think Before You Drink Poster

A poster for Servicemembers and their families with information on energy drinks.



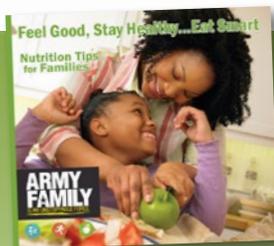
Operation Supplement Safety Adverse Reactions Poster

A poster with information on how to report adverse dietary supplement reactions.



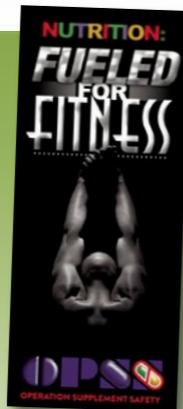
Nutrition Tips: Back To School Handout Tip Card

These fact sheets are developed for parents and providers healthy activity nutrition and sleep information for their school aged children



Feel Good, Stay Healthy... Eat Smart Tip Card

A tri-fold tip card for families with information on the importance of family meals, increasing water intake, and tips for making meals more nutritious. The tip card also promotes use of the Army Wellness Centers as well as online and smartphone app resources.



Operation Supplement Safety Nutrition Fueled for Fitness Brochure

A brochure for Servicemembers with information on choosing real foods to meet performance needs.



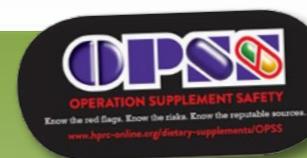
Operation Supplement Safety (OPSS) Get the Scoop Brochure

A tub-shaped brochure with information on smart dietary supplement use.



Operation Supplement Safety Message for Warfighters and Families Postcard

A postcard for Servicemember and their families with information on smart dietary supplement use.



Operation Supplement Safety Stickers

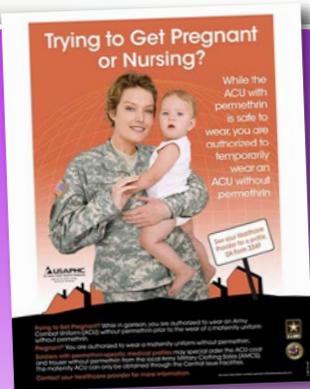
Operation Supplement Safety is a DoD-wide campaign. Campaign materials are available to all Services.



ArmyFit Tip Card
ArmyFit™ is an online resource for healthy living. The tip card describes the available features of ArmyFit™ as a tool to meet health goals.

Women's Health Resources

Click the product images on the left to download/order from the USAPHC Health Information Products eCatalog.



Army Combat Uniform without Permethrin Pregnancy Poster

Information confirming authorization to wear the Army Combat Uniform (ACU) without permethrin.

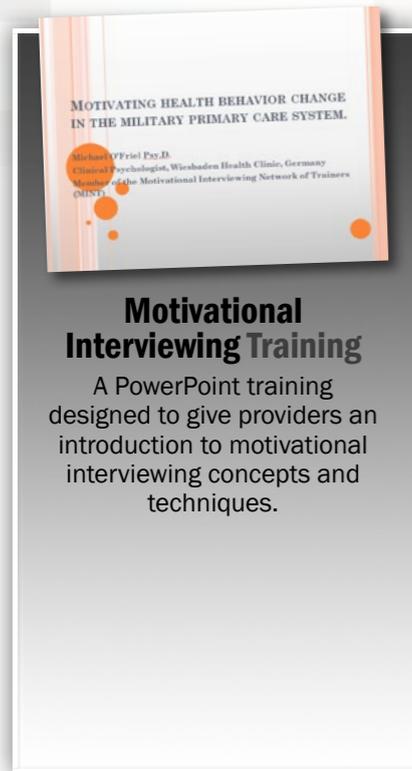


HPV: Stay Army Strong Tip Card

Information for Soldiers on human papillomavirus.



Motivational Interviewing



MOTIVATING HEALTH BEHAVIOR CHANGE
IN THE MILITARY PRIMARY CARE SYSTEM.

Michael V Friel Psy.D.
Clinical Psychologist, Wiesbaden Health Clinic, Germany
Member of the Motivational Interviewing Network of Trainers
(MINT)

**Motivational
Interviewing Training**

A PowerPoint training designed to give providers an introduction to motivational interviewing concepts and techniques.

Click the product images on the left to download/order from the USAPHC Health Information Products eCatalog.



Dental Treatment Facilities

Click the product images on the left to download/order from the USAPHC Health Information Products eCatalog.



Stop The Pop Poster

This poster is one in a series developed for dental treatment facilities highlighting the importance of oral health and the connection to good nutrition.



Don't Be A Bad Sport Poster

This poster is one in a series developed for dental treatment facilities highlighting the importance of oral health and the connection to good nutrition.



Unplug Energy Drinks Poster

This poster is one in a series developed for dental treatment facilities highlighting the importance of oral health and the connection to good nutrition.



Floss Daily Poster

This poster is one in a series developed for dental treatment facilities highlighting the importance of oral health and the connection to good nutrition.



Twice A Day Fights Tooth Decay Poster

This poster is one in a series developed for dental treatment facilities highlighting the importance of oral health and the connection to good nutrition.



Veterinary Treatment Facilities

Click the product images below to download/order from the USAPHC Health Information Products eCatalog.



Meet Winnie (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Masey (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Lily (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Clara (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Bleky (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Fig, Rosie & Masey (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Holly (Overarching) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an overarching sleep, activity, and nutrition focus.



Meet Clara Poster (Sleep) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has a sleep focus.



Meet Cora (Activity) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an activity focus.



Meet Bella (Activity) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets.



Meet Nemo (Activity) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an activity focus.



Meet Forest (Activity) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has an activity focus.

Veterinary Treatment Facilities

Click the product images on the left to download/order from the USAPHC Health Information Products eCatalog.



Meet Gracie (Nutrition) Poster

This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has a nutrition focus.



Meet Al Capone (Nutrition) Poster

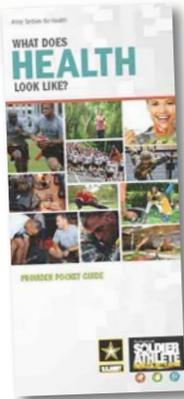
This poster is one in a series developed for veterinary treatment facilities to encourage pet owners to engage in healthy sleep, activity, and nutrition behaviors to benefit pet owners and their pets. This poster has a nutrition focus.



V. Provider Tools

Stand Up for Health Day Resources and Training

> [TSG's Talk from Stand Up For Health Day](#)



> **Stand Up for Health Brochure**

A tri-fold brochure developed for Healthcare providers.

Download only

> [Stand Up for Health Training Day Slide Deck](#)

Women's Health Online Training

> [Women's Health Portal](#)

System For Health Overview Briefing and Tools

> [TSG Video 'A Fireside Chat on Moving Towards a System for Health'](#)

Performance Triad Overview Briefing and Resources:

- > [Sleep Video](#)
- > [Activity Video](#)
- > [Nutrition Video](#)
- > [Technology Video](#)
- > [Exercise is Medicine Healthcare Provider Action Guide](#)



VI. Frequently Asked Questions

Q: Why is the Performance Triad Important to the Army?

A: The strength of the Army is its Soldiers, and it is imperative that our Leaders and Soldiers perform at an optimal level. We must change how Leaders and Soldiers view the importance of behaviors that maintain and improve health.

Health is not something that happens only in the doctor's office. It happens in the decisions that Soldiers make about their health every day. Thus, getting back to the basics of Sleep, Activity, and Nutrition, also known as the Performance Triad, is key to optimizing personal and unit performance, resilience, and readiness.

Q: How does a balance of Sleep, Activity and Nutrition help the Army maintain Soldier and unit readiness?

A: Each component of the Performance Triad contributes equally to Soldier and unit readiness, performance and resilience. However, because these components interact, promoting all three simultaneously will synergistically achieve readiness, performance, and resilience well beyond levels achieved by addressing only one or two of the components.

Q: Why is it important for Army Leaders and Soldiers to know about and understand the principles of the Performance Triad?

A: Some Army Leaders may think the principles of the Performance Triad do not apply to them because they already have fit Soldiers who train hard and smart. However, training hard and smart is only a part of the whole picture. Sleep and recovery time following hard workouts make the body stronger and faster. The fuel your body uses for peak performance and recovery comes from your diet. This is the inherent importance of the Performance Triad. While each component is independently important, optimal performance is achieved when all three components are addressed together.

Q: How can Army leaders and commanders actively support the Performance Triad program?

A: Leaders and commanders can encourage their Soldiers to engage in physical activity and to train smart; encourage healthy eating and proper fueling, and enforce sleep discipline for their Soldiers. They can also support a culture of change by developing initiatives or activities at their own local installations that target SAN behaviors.

Q: What impact does proper sleep have on performance?

A: Sleep is a biological need for brain function and critical for sustaining mental abilities. Sleep is required for success on the battlefield, at work, at home, in school. Adults require 7-8 hours of high quality sleep. Children require more. When Army Families do not get enough sleep, their performance suffers— putting themselves and others at increased risk for errors, accidents, and mishaps.

Q: How does the Performance Triad help Soldiers perform like professional athletes?

A: Soldier needs to train for conflict just like an elite athlete trains for competition. Through proper physical training (PT), fueling, and optimal sleep, Soldiers will be better prepared to face the challenges of full- spectrum operations.

Q: Why is having good nutrition important to Army Families?

A: Good nutrition plays an important role in your daily life. A well-balanced and nutritious diet is part of the foundation of maintaining good health. Research shows family meals promote healthier eating and give families time to talk, listen, and build relationships. Children who eat with their families are better nourished, maintain a healthier weight, have better grades, and are less likely to smoke, drink or use marijuana.





VII. Website and Social Media Resources

Performance Triad Social Media Messaging (AKO)

A social media content plan for 26 weeks of content developed for developed for social media content managers for use on their organizational site.

<https://www.us.army.mil/suite/doc/42330164>

Supplemental Monthly Observance Social Media Plan (AKO)

A social media plan with monthly content developed in support of monthly health observances.

<https://www.us.army.mil/suite/doc/42330152>





Learn more about the Performance TRIAD at
[HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)



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