

You wouldn't play football without a coach, so why work on health goals without one? Like playing sports, adopting healthy behaviors requires a detailed game plan. Help Veterans achieve their goals by identifying those who are ready and interested in setting a goal. Then, offer TLC and send a TLC consult. TLC is here to help Veterans defeat their greatest opponent – whether it's tobacco, alcohol, stress, or weight.

VA TLC coaches are available to help Veterans create and follow a tailored plan to help them accomplish their health goals. They will have unlimited access to coaching over the phone. The program is free, so why wait? Help every Veteran get their head in the game. Refer a Veteran today.

# GET YOUR HEAD IN THE GAME

**YOU WOULDN'T PLAY  
FOOTBALL WITHOUT A  
COACH, SO WHY WORK  
ON HEALTH GOALS  
WITHOUT ONE?**

Help Veterans Achieve  
their goals.

1. Identify ready and interested Veterans
2. Select a Goal
3. Offer TLC
4. Send a TLC consult

Veterans will receive  
a toll-free call from  
**855-698-2852**

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