



Weight Loss is a Journey

Let TLC Show You the Way

We've All Been There. We lose weight, put it back on, and lose it again. We try a new diet or a new pill. We over-exercise or we under-eat. We give up and start over again. It's a frustrating, lonely cycle that's physically and mentally exhausting.

TLC is here to change that.

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

How to Achieve health goals

Clinicians:

- Identify ready and interested Veterans
- Select a Goal
- Offer TLC
- Send a TLC consult

Veterans:

- Ask your healthcare provider about TLC

