

Be Connected is on a mission to connect every Arizona service member, veteran & their families to support and resources. Call and connect today!

866-4AZ-VETS

Ecosystem of Support: Areas of Focus  
> Physical Health



## What To Do If You Experience A Health Issue

Everything changes when you learn you have or are managing a physical health issue. You may feel overwhelmed with emotions from fear and worry to sadness, depression, and grief. It's important to know that you're not powerless. There are steps you can take to better cope with your new situation, ease the stress and mental anguish that accompany serious illness, and find a way to navigate this challenging new journey.

- ✓ It's important to remember there's no "right" or "wrong" way to respond. Give yourself time to process the news and be kind to yourself as you adjust to your new situation.
- ✓ Don't ignore your feelings. That may only increase stress and maybe even delay recovery.
- ✓ Be patient with the pace of treatment and recovery. After receiving an initial diagnosis or suffering a major health event, it can take time with tests and consultations before your medical team settles on an appropriate course of treatment.

## Achieving Wellness



### A Healthy Lifestyle

Physical health is a lifelong pursuit. Some ways to achieve your best health include maintaining a healthy weight, exercise and eating a balanced diet.



### Getting Enough Sleep

Sleeping 8 to 9 hours a night is an important part of a healthy routine. Keep your bedroom quiet, dark and at a comfortable temperature to promote restful, high-quality sleep.



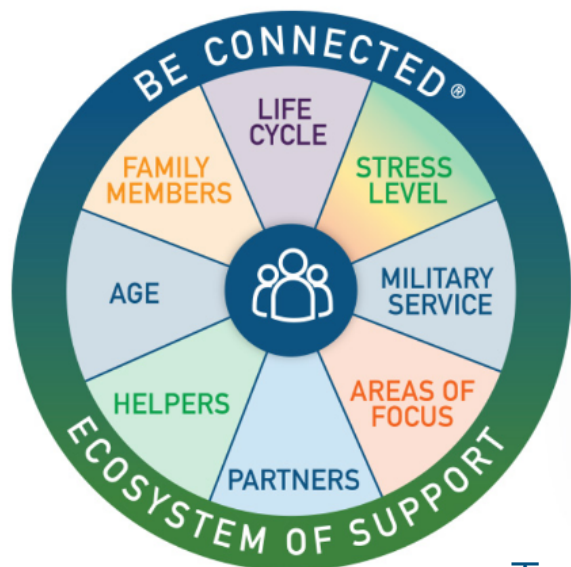
### Keep Wellness Appointments

Stay hydrated and limit alcohol and sugar intake. Avoid recreational drugs and cigarettes. Keep up to date on yearly wellness checks for medical, dental and eyesight, and take medications as prescribed.



### We Can Help

There are a multitude of resources in Arizona that offer help navigating physical health needs. The Be Connected support line uses a resource matching tool to identify the right resources to best fit your situation. Call 866-4AZ-VETS (429-8387).



## The Be Connected® Ecosystem of Support

We're on a mission to connect every Arizona service member, veteran & their family members to support and resources for wellness, employment, benefits and more! We achieve this mission through our Be Connected Ecosystem of Support. This unified network of people, organizations and communities is accessed through our support line: 866-4AZ-VETS (866-429-8387).

### Total Support

The Be Connected Ecosystem of Support offers a holistic approach to ensure that service members, veterans and their families receive the care and support they deserve. Everyone in our community has a role to play in to ensure that any door they enter is a gateway to a welcoming, supportive and helpful space.

**Areas of Focus** - Be Connected focuses on all of the social determinants of health, by connecting service members, veterans & family members to support and resources.

**Stress Level** - Our upstream approach means support is available across the stress levels, with a goal of earlier intervention.

**Partners** - We deliver services and support through our unified, statewide, interconnected partner network, enabling us to maximize our collective impact.

**Life Cycle** - Be Connected offers resources throughout the military life cycle, from the start of service to separation and beyond.

**Helpers** - Helpers play a key role in engaging and connecting people and families to the resources and support they need, when they need it.

**Family Members** - Every family member matters to Be Connected and our team is here for you with support and connection to resources.

**Military Service** - We're here for all service members and veterans – regardless of branch, component, length/era of service and discharge status.

**Age** - As your needs change and evolve throughout your life, Be Connected is here for you. Reach out to our team today for personalized support.