

SYSTEM FOR HEALTH

Towards a System for Health. Healthcare in the United States is at a turning point, and the Military Health System is committed to being a leader in the national conversation as well as the movement towards a healthier nation and healthier living.

Fiscal Challenges. Current national and military healthcare costs are unsustainable. Fiscal realities, and frankly the health of our Force and Nation, are driving the reinvention of the Military Health System, and the development of innovative ways to bend the cost curve. The Defense Health Agency is under mounting fiscal pressure to change, with military healthcare costs projected to exceed 10% of the overall Defense Department budget by 2015. Army Medicine is part of a DoD-wide effort to reform the Military Health System to one that promotes greater health and wellness of individuals, improved outcomes of care and reduced costs as an enterprise.

Strategy. The System for Health represents a vision and a responsible path forward in sustaining the personal health of service members, Families and beneficiaries, and the fiscal health of the military health system. Both are equally vital to our national security.

The System For Health encourages and incentivizes personal behavior improvements to maintain, restore and improve one's physical and mental well-being:

- **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)
- **Restore** health through patient-centered care
- **Maintain** health through fitness and illness/injury prevention

PERFORMANCE TRIAD

The Army Surgeon General's Performance Triad is the first initiative of 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 Defense Department's Operation Live Well program, and the National Prevention Strategy.

The Performance Triad is an initiative designed to influence Soldiers, Families and our beneficiary populations to increase their daily **activity** and to improve their **nutrition** and **sleep** behaviors – 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.

BRAIN HEALTH

There is an emerging understanding of the power of brain health and its role as the powerhouse that generates the thousands of decisions we make every day about our health.

The Brain Health initiative and consortium supports and further develops the Army Medicine strategy to move from a sole "healthcare system" to a "System for Health".

This vision and mission involves all aspects of the military community with the goal of promoting health and wellness, preventing illness and injury, and providing the highest quality care when and where necessary; all while keeping desiring to effect the behaviors and environments where our beneficiaries live, work and play.

Behavioral modifications, primarily decisions, begin in the brain. This is why we know the Brain Health Consortium is critical to helping us to us better understand the brain and how we can seize the opportunities to optimize the health of our Army and our families.