



HEALTH IS READINESS

Mission readiness doesn't begin at formation—it begins at home. The health and well-being of our families directly impacts our ability to focus, perform, and respond when duty calls. Whether facing an emergency, a natural disaster, or a deployment, a healthy family is a resilient family. This month, we're highlighting Health Is Readiness as a key pillar of our Mission Readiness Campaign: Preparing Our Families for Anything.

Taking time now to prepare your family's health needs reduces stress during uncertain times and ensures continuity of care when routines are disrupted. Small, proactive steps today can make a big difference tomorrow.

This Month's Health Readiness Tasks:

Schedule Annual Health Exams

Make appointments for annual physicals, dental checkups, vision exams, and any recommended preventive care for all family members. Staying current helps identify concerns early and ensures care isn't delayed during emergencies or deployments.

[CLICK HERE](#)



Organize Medical Records and Prescription Information

Create a simple, accessible list of current prescriptions, dosages, allergies, and medical providers for each family member. Keep copies of important medical records—digitally and/or in a go-kit—so they're available when you need them most.

[CLICK HERE](#)



Verify Insurance Information

Confirm that TRICARE or personal health insurance information is current and accurate. Ensure enrollment, contact numbers, and policy details are up to date so there are no delays in care during a transition or crisis.

[CLICK HERE](#)



Health readiness is about more than appointments and paperwork—it's about peace of mind. Knowing your family's health needs are organized and up to date allows you to focus on the mission, confident that your loved ones are prepared and supported.

Stay healthy. Stay ready. Keep your family strong—at home, during emergencies, and throughout deployments.



YOU'RE BUILDING A GOOD SUPPLY. LET'S PURCHASE 2-3 GALLON JUGS OF COMMERCIALLY BOTTLED WATER ONE MORE TIME.