



# Achieve Solutions

[www.humana-military.com](http://www.humana-military.com)

*Achieve Solutions* is an online resource, available in both English and Spanish, filled with educational information and content regarding behavioral health, EAP and work/life issues. **TRICARE** beneficiaries are able to access this secure website at no cost to the user. Visit Achieve Solutions to:

- Access a comprehensive library of educational materials, including information on depression, anxiety, addiction and recovery, stress and relationship issues
- Complete self-assessment tools and interactive trainings
- Read news briefs and feature stories, which are updated regularly

## *Site features*

More than 6,000 articles in 200 different topic areas, including:

- Alcohol & Other Drugs
- Anxiety
- Depression
- Family Care and Education
- Health & Wellness
- Relationships
- Work
- More than 45 quizzes and calculators
- Interactive trainings
- Auto-login to improve access
- Link to TRICARE behavioral health benefit information

## *Content credibility*

The clinical content, reviewed annually, undergoes a stringent review process. Content providers include the Boston College Center for Work and Family, the University of Florida McKnight Brain Institute, Harris, Rothenberg International, The Stepfamily Association of America and others.

## *Awards*

The site and its deep content base have received numerous awards, including the e-Healthcare Leadership Award for Best Overall Internet Site Category and Best Health/Healthcare Content.

## *Examples of articles on the site*

- “After Duty, Returning Home: When the Letdown Doesn’t Let Up”
- “Booze and Blues”
- “Child and Adolescent Depression”
- “How to Help a Child With Separation Anxiety”
- “Attention Deficit Hyperactivity Disorder”
- “What is Post Traumatic Stress Disorder?”
- “Impact of Post Traumatic Stress Disorder on Relationships”
- “Active Duty to Civilian Life, How to Ease the Workplace Transition”

To ensure users’ privacy, the website is a VeriSign secure site. Visitors can be assured that their content explorations will remain private

**HUMANA MILITARY**  
HEALTHCARE SERVICES



 **VALUEOPTIONS**<sup>®</sup>  
Improving Behavior to Improve Health