

THE VA & YOU
Exploring Whole
Health for Life

2020
SAMPLE
CALENDAR



How to Use This Calendar

- Schedule and record your appointments and other events.
- Note when VA clinics are closed for Federal holidays.
- At the start of each month, write down one Whole Health goal. It takes about 4-5 weeks to establish a new healthy habit.
- Keep a record, as advised by your health care team, of:
 - Minutes you exercise daily
 - Your daily blood pressure
 - Your daily blood sugar
 - Your weekly weight
- Learn ways to take care of your Whole Health and how to work with your health care team to get the care you need.
 - Read and follow the monthly health tips, including the Whole Health Goal if it's a good fit for you.
 - Use the VA apps, programs, and websites listed.
- Use the section below to write down names and numbers for your health care contacts. You can also find contact information for VA resources on the back cover.

WEIGHT

(Write your daily weight, if advised.)



Access VA Services When You Need Them



ChooseVA is your one-stop for all the choices you have for VA benefits and services.

- Explore and apply for VA health care
- Learn about home loans, educational help and other assistance
- Access health resources

Learn more at www.choose.va.gov.



Your go-to for all VA services. Call this 24/7, toll-free number for all your VA needs: **1-844-698-2311**.



Confidential chat online at www.VeteransCrisisLine.net or text to 838255.



Sign up for a My Health eVet (MHV) account at www.myhealth.va.gov.

- Access your personal health information and keep records of your health services.
- Order VA prescription refills.
- Send nonurgent messages to your VA health care team.
- Get email reminders of upcoming VA medical appointments.



Learn about your health conditions, medications, medical tests, and more at www.veteranshealthlibrary.org.

Within the online Veterans Health Library, you'll find:

- Over 1,500 health sheets
- Over 200 videos
- Go-to-Guides
- Flipbooks, and more!

NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 Daylight Saving Time Ends (Turn clocks back one hour.)	4	5 Election Day	6	7	8	9
10	11 Veterans Day Outpatient Clinics Closed	12	13	14	15	16
17	18	19	20	21 Great American Smokeout	22	23
24	25	26	27	28 Thanksgiving Outpatient Clinics Closed	29	30

DECEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 Pearl Harbor Remembrance Day
8	9	10	11	12	13	14
15 Iraq War declared over, 2011	16	17	18	19	20	21
22 Winter begins Chanukah begins at sunset	23	24	25 Christmas Day Outpatient Clinics Closed	26 First day of Kwanzaa	27	28 Operation Enduring Freedom ends, 2014
29	30	31 New Year's Eve				

Health Contacts & Phone Numbers

EMERGENCY MEDICAL SERVICE: 911

EMERGENCY CONTACT

Name

Address

City/State/Zip

Phone

Fire / Police

Poison Control Center **1-800-222-1222**

HEALTH CARE TEAM MEMBERS & OTHER HEALTH CARE PROVIDERS

Primary Care Doctor

Nurse Care Manager

Clinical Associate

My Care Team Clerk

VA Facility

Name

Phone

Pharmacist

Pharmacy Refill

VA Tele-Nurse

Make an Appointment Phone #

Cancel an Appointment Phone #

Patient Representative (Advocate)

Your Whole Health

How do you want to live your life? That's the big question driving VA's Whole Health model of care that empowers and prepares you to take charge of your health and well-being.

All parts of your health – physical, mental, emotional, and spiritual – are connected. You receive high quality medical care and the support you need to make everyday, self-care choices that work best for you.



YOUR Journey

Have you participated in a Whole Health class to explore what matters most to you? Have you created your personal health plan? If not, take the first step. Talk with your VA provider about Whole Health options available to help you live your life to the fullest.

JANUARY 2020

Whole Health Goal: I will ask my VA provider where I can attend the Whole Health class within the next month.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DECEMBER 2019

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FEBRUARY 2020

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1

New Year's Day
Outpatient
Clinics Closed

2

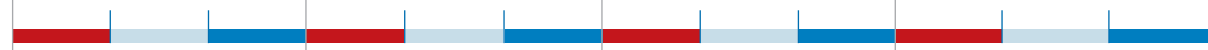
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4

WEIGHT

MY WHOLE HEALTH GOAL

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My Health eVet at www.myhealth.va.gov



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WEIGHT

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Gulf War-
Operation
Desert Storm
began, 1991

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WEIGHT

19

20

Martin Luther
King Jr. Day
Outpatient
Clinics Closed

21

22

23

24

25

WEIGHT

Chinese New Year

26

27

28

U.S.-Vietnam
Ceasefire,
1973

29

30

31



For a free monthly poster,
the Veterans' Health at
Home® Lifetime book, and
the Healthy Living Messages
book, visit aipm.net/VA2020
or download 'HealthyLife
Mobile' from your App store.
Access code: VA2020

Mindful Awareness

At the heart of your Whole Health is a set of techniques to help you become more aware of your thoughts and feelings in the present moment, without judging them. It's the opposite of being on auto-pilot. Instead, you learn to stay connected with what is most important to you. With practice, you will learn to notice small changes in how you are feeling – physically, mentally, and emotionally.



LEARNING Mindfulness

VA has many resources to help you learn these techniques, including the Mindfulness Coach app available at www.mobile.va.

FEBRUARY 2020

Whole Health Goal: I will ask my VA provider about learning to do a mental body scan in the next month.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My Health eVet at www.myhealth.va.gov



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JANUARY 2020

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MARCH 2020

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15	16	17	18	19	20	21
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29	30	31				

MY WHOLE HEALTH GOAL

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WEIGHT



2 Groundhog Day

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Wear Red Day

8

WEIGHT

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12

13

14

Valentine's Day

15

WEIGHT

16

17 Presidents' Day
Outpatient
Clinics Closed

18

19

20

21

22

WEIGHT

23 Flag raised in
Iwo Jima, 1945

24

25

26 Ash Wednesday

27

28 Persian Gulf
War ceasefire,
1991

29

WEIGHT

SAMPLE

Mindful Eating

Have you ever looked down at your plate and found that it was empty, but you don't remember eating it all? Eating more mindfully with self-care can help you become more aware of every bite, so you taste more by being totally present. This can help cut down on large portions and reduce "stress eating," so you can focus on nourishing your body and your mind.



HOW TO EAT More Mindfully

1. Ask yourself how hungry you truly are before you begin eating. Then, take a few deep breaths and give thanks for the food.
2. Remove or avoid distractions while eating, including all screens. Focus on the food and people who are enjoying the meal with you.
3. Chew each bite at least 20 times.

MARCH 2020

Whole Health Goal: I will practice mindful eating for one meal each day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
						WEIGHT

8 Daylight Saving Time begins
(Turn clocks ahead one hour.)

9

10

11

12

13

14

WEIGHT

15

16

17 St. Patrick's Day

18

19 Spring begins
Operation Iraqi Freedom (OIF) began, 2003

20

21

WEIGHT

22

23

24

25

26

27

28

WEIGHT

29 Vietnam Veterans Day

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31

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov



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FEBRUARY 2020

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APRIL 2020

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MY WHOLE HEALTH GOAL

Empty box for setting health goals.



A Healing Mind




There is a constant “dance” or connection between your mind and body that has power to improve your health. More evidence is emerging that mind-body approaches may help with many physical health conditions, including headaches, high blood pressure, some types of pain, and more. Mental health conditions may also improve, such as anxiety, depression, and PTSD.

Power OF THE Mind THERAPIES

- Biofeedback - Changing breathing, heart rate, and muscle tension by using body signals
- Progressive muscle relaxation – Relaxing muscles, one group at a time, by first tensing, then relaxing them
- Cognitive behavioral therapy (CBT) - Noticing and replacing negative thoughts with more positive and helpful thoughts

APRIL 2020

Whole Health Goal: I will ask my VA provider within the next month which mind-body therapies are best for me.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>RECORD minutes exercised, blood pressure & blood sugar and/or log these on My Health eVet at www.myhealth.va.gov</p>	  <p>For a free monthly poster, the Veterans' Health at Home® Lifetime book, and the Healthy Living Messages book, visit aipm.net/VA2020 or download 'HealthyLife Mobile' from your App store. Access code: VA2020</p>		1	2	3	4 

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Passover begins at sunset

9

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Good Friday

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WEIGHT

12

Easter

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14

15

Tax Day

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17

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WEIGHT

19

20

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22

Earth Day

Administrative Professionals Day

23

Ramadan begins at sunset

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WEIGHT

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MARCH 2020

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MAY 2020

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MY WHOLE HEALTH GOAL

SAMPLE

Move Your Body

Are you thinking about being more active or want to revisit your current exercise routine? It may help to first reflect on whether you can physically do most of the things you want to do to live your life to the fullest. For example:

- How is your strength, flexibility, and balance?
- Does your emotional health affect how you move your body or how you exercise?



Move YOUR WAY

Your physical activity plan may include:

- Working out at a gym
- Starting a walking program
- Accessing Veterans sports clinics
- Taking a tai chi class
- Getting off the bus one stop early
- Having regular family dance parties

MAY 2020

Whole Health Goal: I will sign up to attend a weekly tai chi class within the next month.

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THURSDAY

FRIDAY

SATURDAY

APRIL 2020

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JUNE 2020

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MY WHOLE HEALTH GOAL

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2

WEIGHT

RECORD minutes exercised, blood pressure & blood sugar and/or log these on My Health eVet at www.myhealth.va.gov



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Cinco de Mayo

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V-E Day

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WEIGHT

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Mother's Day

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WEIGHT

Armed Forces Day

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WEIGHT

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Memorial Day
Outpatient
Clinics Closed

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WEIGHT

31

SAMPLE

Healthy Relationships

Having positive relationships with family, friends, and co-workers is good for your well-being. It's important to feel connected to the people in your life. Think of these relationships as valuable resources that help create joy and positivity for you, as well as support you through the tough times. On the flip side, feeling alone can lead to illnesses, or can actually make illnesses worse.



Nurture RELATIONSHIPS

Consider seeking out marriage therapy services, joining a VA peer support program, or contacting VA's Caregiver Support Program if you are feeling overwhelmed as a caregiver for a loved one. Remember, your VA health care team is there to support your goals for building healthy relationships.

JUNE 2020

Whole Health Goal: I will look for a VA peer support group to join within two months.

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<p>RECORD minutes exercised, blood pressure & blood sugar and/or log these on My Health eVet at www.myhealth.va.gov</p>						

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WEIGHT

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Flag Day

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WEIGHT

Summer begins

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Father's Day

22

23

24

25

Start of Korean War, 1950

26

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WEIGHT

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MAY 2020

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JULY 2020

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MY WHOLE HEALTH GOAL

Empty box for health goal

SAMPLE

Recharge with R & R

Getting enough quality sleep has the power to refresh and revive your body and your mind each day. For most adults, that means seven to nine hours per night. Try to prepare your body for sleep about one hour before bedtime. Dim the lights, turn down the thermostat, and turn off digital devices and screens. Finding time during waking hours to enjoy leisure activities also helps recharge your mind and body.



QUIET Your Mind FOR SLEEP

Try listening to soothing music, read a book, or do some yoga. If you have long-term sleep problems, your VA health care team has many programs and resources to help you.

SAMPLE

JULY 2020

Whole Health Goal: I will follow a healthy bedtime routine at least four days per week.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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RECORD minutes exercised, blood pressure & blood sugar and/or log these on My Health eVet at www.myhealth.va.gov	MY WHOLE HEALTH GOAL					

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WEIGHT

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WEIGHT

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23

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WEIGHT

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27

Korean War Armistice, 1953

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Eid al-Adha begins at sunset

31

SAMPLE



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Around You

Your surroundings affect your Whole Health in major ways. Your home, workplace, and neighborhood can influence how stressed, confident, or how safe you feel. Start by looking at the changes you can make in your home to feel healthier, safer, and happier.


Time to Declutter?

Having hundreds of items crowded into one space can be overwhelming and stressful. Removing some of them may help relieve stress and create a sense of confidence. Start small. Evaluate what you have, one space at a time. Which things matter most? The goal is to keep items that truly connect with your life's purpose, your loved ones, and things that bring you joy.

AUGUST 2020

Yard Sale

Whole Health Goal: In the next month, I will donate or pass on clothes I haven't worn in three years.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																					
	<p>JULY 2020</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	S	M	T	W	Th	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<p>SEPTEMBER 2020</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				  <p>For a free monthly poster, the Veterans' Health at Home® Lifetime book, and the Healthy Living Messages book, visit aipm.net/VA2020 or download 'HealthyLife Mobile' from your App store. Access code: VA2020</p>			<p>1</p> <p>WEIGHT</p>
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RECORD minutes exercised, blood pressure & blood sugar and/or log these on My Health eVet at www.myhealth.va.gov



2 Gulf War-Operation
Desert Shield
began, 1990

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WEIGHT

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SAMPLE

Spirit for Health

Having a sense of purpose or meaning helps guide many people to live a full, Whole Health life. This is often expressed as feeling connected to something larger than oneself.

When life gets difficult or challenging, some people turn to their religious or spiritual faith, and others seek comfort in nature.

Some prefer to connect with art or music, spend quiet time alone, or find ways to help others.



Express YOUR LIFE'S Purpose

In whatever ways you choose to express your life's purpose and to find meaning, there are many VA resources and programs available to support you, such as:

- VA chaplaincy services
- Living history project
- Drum circles
- Meditation resources

SEPTEMBER 2020

Whole Health Goal: During my next visit, I will ask my VA provider about seeing a VA chaplain.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>RECORD minutes exercised, blood pressure & blood sugar and/or log these on My Health eVet at www.myhealth.va.gov</p>	  <p>For a free monthly poster, the Veterans' Health at Home® Lifetime book, and the Healthy Living Messages book, visit aipm.net/VA2020 or download 'HealthyLife Mobile' from your App store. Access code: VA2020</p>	<p>1 Operation New Dawn (OND) began, 2010</p>	<p>2 Japan surrenders, WWII, 1945</p>	<p>3</p>	<p>4</p>	<p>5 WEIGHT</p>

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Labor Day
Outpatient
Clinics Closed

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Patriot Day

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WEIGHT

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Rosh Hashanah
begins at
sunset

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WEIGHT

POW/MIA
Recognition Day

20

21

22

Autumn
begins

23

24

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26

WEIGHT

27

Yom Kippur
begins at
sunset

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29

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AUGUST 2020

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OCTOBER 2020

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MY WHOLE HEALTH GOAL

Empty box for health goal

SAMPLE

Screenings & Immunizations

Getting recommended screening tests and immunizations is part of your Whole Health professional care. Being screened for diseases like colon cancer or Hepatitis C can help find potential problems, or find them early when treatment can be more successful. Some vaccines received as a child can wear off over time. Plus, adults are at risk for different diseases compared to childhood diseases.



Empower YOURSELF

Take charge! Know you are taking steps to live a stronger and longer life by staying up to date with health screenings and immunizations.

OCTOBER 2020

Whole Health Goal: Within the next month, I will make an appointment with my VA provider to discuss which screenings and immunizations I should have.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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RECORD minutes exercised, blood pressure & blood sugar and/or log these on My HealthVet at www.myhealth.va.gov

SEPTEMBER 2020

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NOVEMBER 2020

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MY WHOLE HEALTH GOAL

1

2

3

WEIGHT



4

5

6

7

Operation Enduring Freedom (OEF) began, 2001

8

9

10

WEIGHT

11

12

Columbus Day
Outpatient Clinics Closed

13

14

15

16

17

WEIGHT

18

19

20

21

22

23

24

WEIGHT

United Nations Day

25

26

27

28

29

30

31

WEIGHT

Halloween

SAMPLE

Quit Tobacco Again

Are you thinking about quitting smoking but worried because you weren't successful the last time you tried? Don't give up! It may take several tries before you can quit for good. The best chances for quitting, and to stay quit, happen when a person uses a combination of tobacco cessation medication and counseling. Getting support from family and friends is also important.



MORE VA Resources

VA has more quit resources and treatment options than ever to meet your specific needs. To help you get started on becoming a smokefree Veteran, talk to a VA tobacco quitline counselor about making a quit plan at 1-855-QUIT-VET (1-855-784-8838).

NOVEMBER 2020

Whole Health Goal: I will visit mentalhealth.va.gov/quit-tobacco and veterans.smokefree.gov this week to explore my quit tobacco options.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Saving Time ends (Turn clocks back one hour.)	2	3 Election Day	4	5	6	7 WEIGHT

8

9

10

11 Veterans Day
Outpatient
Clinics Closed

12

13

14

WEIGHT

15

16

17

18

19

Great
American
Smokeout

20

21

WEIGHT

22

23

24

25

26

Thanksgiving
Outpatient
Clinics Closed

27

28

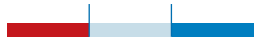
WEIGHT

29

30

SAMPLE

RECORD minutes
exercised, blood pressure
& blood sugar and/or log
these on My HealthVet at
www.myhealth.va.gov



For a free monthly poster,
the Veterans' Health at
Home® Lifetime book, and
the Healthy Living Messages
book, visit aipm.net/VA2020
or download 'HealthyLife
Mobile' from your App store.
Access code: VA2020

OCTOBER 2020

S	M	T	W	Th	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

DECEMBER 2020

S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MY WHOLE HEALTH GOAL

Empty box for setting health goals.

Power of Gratitude

Ask yourself if you are truly grateful for the good things in your life. Practicing gratitude is a valuable part of your personal development. It nurtures your own emotional and physical health by creating more positive events in your life compared to the negative ones.

Try to make gratitude a part of your day, every day.

THANK YOU, VETERANS






BUILD Positive FEELINGS

Whether you are expressing gratitude to another person, or feeling grateful for something in your life, you experience a positive feeling. When this happens, hold on to that feeling for 30 seconds, and feel happiness spread through your entire body. This will help fire up positivity neurons and change your brain chemistry to help you feel calmer and less stressed.

SAMPLE

DECEMBER 2020

Whole Health Goal: I will set a daily phone reminder to count my blessings.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>RECORD minutes exercised, blood pressure & blood sugar and/or log these on My Health eVet at www.myhealth.va.gov</p> 	  <p>For a free monthly poster, the Veterans' Health at Home® Lifetime book, and the Healthy Living Messages book, visit aipm.net/VA2020 or download 'HealthyLife Mobile' from your App store. Access code: VA2020</p>	1	2	3	4	5 
						

6

7

Pearl Harbor Remembrance Day

8

9

10

Chanukah begins at sunset

11

12

WEIGHT

13

14

15

16

17

18

Iraq War declared over, 2011

19

WEIGHT

20

21

Winter begins

22

23

24

25

Christmas Day
Outpatient Clinics Closed

26

First day of Kwanzaa

WEIGHT

27

28

Operation Enduring Freedom ends, 2014

29

30

31

New Year's Eve

NOVEMBER 2020

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JANUARY 2021

S	M	T	W	Th	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

MY WHOLE HEALTH GOAL

SAMPLE

VA Services

Veteran Benefits

1-800-827-1000
www.va.gov
www.vets.gov
www.chooseva.gov
www.explore.va.gov
www.ebenefits.va.gov

Health Care Benefits

1-877-222-8387
www.va.gov/healthbenefits

Burial & Memorials

1-800-827-1000
www.cem.va.gov

Center for Minority Veterans

www.va.gov/centerforminorityveterans

Devices for the Deaf (TDD)

Dial 711

Education & Training

1-888-442-4551
www.benefits.va.gov/gibill

Homeless Veterans

1-877-424-3838
www.va.gov/homeless

Mental Health

www.mentalhealth.va.gov

Military Exposures

(Agent Orange, Gulf War Illnesses, etc.)
1-877-222-8387
www.publichealth.va.gov/exposures

National Center for Posttraumatic Stress Disorder (PTSD)

Call Your VA or 1-800-273-8255
www.ptsd.va.gov

Survivor Benefits

1-800-827-1000
www.va.gov/survivors

Traveling Veterans Coordinator Program

www.va.gov/healthbenefits/access/
seamless_care.asp

VHA National Center for Health Promotion and Disease Prevention

www.prevention.va.gov

VA National Center for Patient Safety

www.patientsafety.va.gov

Veterans Choice Program

1-866-606-8198
www.va.gov/opa/choiceact

Veterans Crisis Line

1-800-273-8255 Press "1"
OR text to 838255 OR chat confidentially
online at www.veteranscrisisline.net



VA Resources

Access and Quality in VA Healthcare

www.accesstocare.va.gov

MOVE!® Weight Management

www.move.va.gov

MyHealthVet

1-877-327-0022
www.myhealth.va.gov

MyVA 311

1-844-MyVA311
(1-844-698-2311)

SmokeFreeVET

1-855-QuitVET (855-784-8838)
Text VET to 47848
www.smokefree.gov/Veterans

VA Caregiver Support Line

1-855-260-3274
www.caregiver.va.gov

VA Facility Locator

www.vets.gov/facilities

VA Whole Health for Life

www.va.gov/patientcenteredcare/
index.asp

Women Veterans Call Center

1-855-829-6636
www.womenshealth.va.gov



@VeteransAffairs



@DeptVetAffairs



@U.S. Dept. of Veterans Affairs

VA Mobile Health – mobile.va.gov



PTSD Coach



Ask a Pharmacist



MOVE!® Coach



Stay Quit Coach



Mindfulness Coach



VA Online Scheduling