



The VA & You
***A Partnership
of Care***



**20
19**
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 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 health and how to work with your health care team to get the care you need.
 - Read and follow the monthly health tips.
 - 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 phone numbers and websites for VA programs and resources, as well as mobile apps, on the back cover.

WEIGHT

(Write your daily weight, if advised.)

Access VA Services When You Need Them



MyVA is your one-stop for all your VA benefits and services. At myVA you can:

- Check your eligibility for services and programs.
- Learn about home loans, educational help and other assistance.
- Access health resources.

Learn more at www.explore.va.gov.



Your go-to for all VA services. Call this 24/7, toll-free number for all your VA needs.



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 150 videos
- Go-to-Guides
- Flipbooks, and more!

November 2018

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

December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Chanukah begins at sunset	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 Winter begins	22
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)

Be involved in your health journey

Before setting any goals this year, resist the urge to work on the same ones you've had for the past few years. Instead, take some time to truly reflect on your health - physical, emotional, and spiritual.

- **My Story: Personal Health Inventory** – As a first step, explore and identify what matters most to you, and how it relates to your health. For more information, visit www.va.gov/patientcenteredcare.
- **Healthliving assessment** – Complete this online survey to identify your “health age.” You will receive a customized health report that identifies changes you can make to improve your health and well-being. Visit www.myhealth.va.gov.
- **Veterans Health Library** – Learn more about health topics important to Veterans. Check out www.veteranshealthlibrary.org.



SAMPLE

January 2019



Health Goal: I will complete the healthliving assessment in the next two weeks and discuss my results with my VA provider.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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WEIGHT

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Gulf War-
Operation
Desert Storm
began, 1991

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WEIGHT

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Martin Luther
King Jr. Day
*Outpatient
Clinics Closed*

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WEIGHT

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U.S.-Vietnam
Ceasefire,
1973

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DECEMBER 2018

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FEBRUARY 2019

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MY HEALTH GOAL

SAMPLE.

Manage stress with kindness

Showing kindness and helping others are wonderful things to do. Plus, they enhance your physical and emotional well-being by producing “feel good” chemicals in your brain that reduces stress. During this month that celebrates all things “love,” think about showing more kindness to people you don’t know (yet).

- Smile at five strangers today.
- Return shopping carts for people at the grocery store.
- Send a note of thanks to your local police or fire station.
- Pay for coffee for the person in line behind you.
- Leave a note on someone’s windshield saying how great they parked.

VA Voluntary Service: Consider volunteering to help fellow Veterans. Visit www.volunteer.va.gov.



SAMPLE

February 2019



Health Goal: The next time I shop for groceries, I will leave two coupons next to their matching products in the grocery store.

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Chinese New Year

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WEIGHT

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Valentine's Day

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WEIGHT

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Presidents' Day
Outpatient Clinics Closed

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WEIGHT

Flag raised in Iwo Jima, 1945

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Persian Gulf War ceasefire, 1991

JANUARY 2019

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MARCH 2019

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MY HEALTH GOAL

Empty box for health goal

SAMPLE.

Eat wisely with more veggies

Eating more vegetables can help you reach and keep a healthy weight. But, finding the time to prepare them can be a challenge. Try these time-saving tips:

- Steam fresh or frozen vegetables in the microwave, such as green beans, broccoli, peas, or bok choy for a quick side dish.
- To save time later, cut up, wash, and package cauliflower or bell peppers for a stir-fry or as a snack along with a low-fat dip.
- Use frozen vegetables, which are just as nutritious as fresh ones. Frozen peas, corn, and spinach are some of the best buys year-round.
- Look for canned vegetable soups that are lower in sodium. When you do have some extra time, make and freeze a large batch of vegetable soup for a fast meal when time is tight.



SAMPLE.

March 2019



Health Goal: When I shop for groceries this week, I will buy some frozen peas and corn.

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



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Ash Wednesday

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WEIGHT

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

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WEIGHT

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St. Patrick's Day

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Operation Iraqi Freedom (OIF) began, 2003

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Spring begins

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WEIGHT

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Vietnam Veterans Day

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WEIGHT

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SAMPLE.

Drinking can take a toll

There are serious health effects on the body when a person drinks too much alcohol.

Brain – Affects your mood and behavior, and makes it harder to think clearly

Heart - Damages your heart and can lead to an irregular heartbeat or stroke, and high blood pressure

Liver - Causes serious liver conditions, such as cirrhosis and alcoholic hepatitis

Pancreas - Produces dangerous inflammation so food cannot be digested properly

Cancer - Increases your risk of developing some cancers

Immune system – Weakens your ability to fight diseases

If you drink, limit it to no more than two per day for men and one per day for women or 65 years and older. If you are concerned about how much alcohol you drink, talk to your VA health care team.



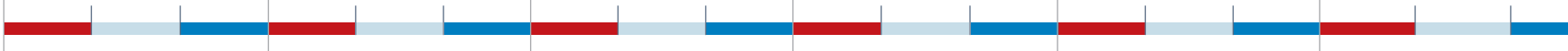
April 2019



Health Goal: I will put a supply of low-calorie sparkling water in my fridge within the next two weeks.

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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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Tax Day

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Good Friday

Passover begins at sunset

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WEIGHT

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Easter

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Earth Day

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Administrative Professionals Day

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WEIGHT

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MARCH 2019

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MY HEALTH GOAL

Empty box for health goal



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Benefits of having a pet

Studies show the bond between people and their pets is powerful. Plus, having a pet comes with many health benefits, including:

- Less stress and feelings of loneliness
- Increased opportunities for socialization
- Increased physical activity

These emotional health benefits are especially important for Veterans with PTSD to help manage their symptoms. In fact, there are programs (e.g., America's VetDogs®) that train service dogs to assist Veterans with a variety of disabilities, including PTSD, as well as hearing, vision and other challenges. These amazing animals help Veterans increase their mobility, expand their independence, and assist with at-home activities such as retrieving medication and answering the door. For more information visit www.vetdogs.org.



May 2019



Health Goal: I will offer to take my neighbor's dog for a walk this week.

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



5 Cinco de Mayo
Ramadan
begins at sunset

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V-E Day

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WEIGHT

12 Mother's Day

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WEIGHT

Armed Forces Day

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WEIGHT

26

27 Memorial Day
Outpatient
Clinics Closed

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the Veterans' Health at
Home® Lifetime book, and
the Healthy Living Messages
book, visit aipm.net/VA2019
or download 'HealthyLife
Mobile' from your App store.
Access code: VA2019

Be prepared for emergencies

Make a plan so you and your family can be prepared if a disaster occurs.

- Choose a safe place where your family will meet up.
- Decide who will take charge of each child.
- Set up contact information in each cell phone.
Ask a friend or relative to be a remote contact.
- Make an emergency kit that includes:
 - One gallon of water per person per day for 3 days
 - Three-day supply of non-perishable foods, such as beans, granola and meal replacement bars
 - First-aid kit, including a 3-day supply of medications
 - Battery-powered radio and flashlight
 - Cash, whistle, and an extra set of car and house keys

For more suggestions, visit www.ready.gov.



June 2019



Health Goal: I will schedule a family meeting in the next month to create a family disaster plan.

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D-Day

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WEIGHT

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14

Flag Day

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WEIGHT

16

Father's Day

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Summer begins

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WEIGHT

23

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Start of Korean War, 1950

26

27

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WEIGHT

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SAMPLE.

Make your muscles strong

Aerobic exercises like brisk walking, running, swimming, or cycling are great ways to work your heart and lungs. For extra health benefits, add some muscle-strengthening exercises to help protect your joints, gain better balance, have better control of blood cholesterol levels, and get more restful sleep.

- Take a strength-training class to learn the basics.
- Use hand or ankle weights, resistance tubes, an exercise ball, gym equipment, and even the weight of your own body (e.g., push-ups).
- Find items around the house to use for weights, like sand-filled water bottles or canned foods.
- Before starting a new exercise program, talk with your health care provider to review any safety concerns.



SAMPLE.

July 2019



Health Goal: Within two weeks, I will visit www.move.va.gov to learn more about strength-training exercises I can do at home.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Independence Day Outpatient Clinics Closed	5	6
						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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WEIGHT

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WEIGHT

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WEIGHT

Korean War Armistice, 1953

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SAMPLE.

JUNE 2019

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AUGUST 2019

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MY HEALTH GOAL

Empty box for health goal



For a free monthly poster, the Veterans' Health at Home® Lifetime book, and the Healthy Living Messages book, visit aipm.net/VA2019 or download 'HealthyLife Mobile' from your App store. Access code: VA2019

Stay current with screenings

Staying up to date with your health screenings is key to preventing serious health conditions and diseases, or finding them early when treatment is easier. Because every person is different, recommendations depend on your age, sex, health status, and family history.

Ask your health care provider if you need any of these essential health screening tests:

- Abdominal aortic aneurysm
- Blood Cholesterol
- Breast cancer (mammogram)
- Colorectal cancer
- Osteoporosis
- Prostate cancer

Also, find out about screenings for depression, hepatitis C, HIV, MST, PTSD, and alcohol and tobacco use.







SAMPLE

August 2019



Health Goal: At my next visit, I will ask my VA provider which screening tests I should get this year.

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	<p>JULY 2019</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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</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	31				<p>SEPTEMBER 2019</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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></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/VA2019 or download 'HealthyLife Mobile' from your App store. Access code: VA2019</p>	<p>1</p>	<p>2 Gulf War-Operation Desert Shield began, 1990</p>	<p>3 WEIGHT</p>
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WEIGHT

Eid al-Adha begins at sunset

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WEIGHT

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WEIGHT

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SAMPLE.

Get help during tough times

If you are a Veteran and have trouble coping with stress, depression, chronic pain, or facing other challenges, it might be time to get some help. Confidential support is available to Veterans and their families 24 hours a day, 7 days a week, 365 days a year through the Veterans Crisis Line. Call 1-800-273-8255 and press 1, or text to 838255, or have a confidential chat at

www.veterans.crisisline.net.  **Veterans Crisis Line**
1-800-273-8255 **PRESS 1**

You can also access the following resources and information any time from the Veterans Crisis Line website:

- Take a confidential self-quiz to see if you might benefit from VA services.
- Learn to recognize the signs of a crisis or suicide risk, in a loved one, or in yourself.
- Find VA and community resources in your area.



September 2019



Health Goal: I will learn the signs of a crisis by visiting www.veterans.crisisline.net by the end of this week.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Operation New Dawn (OND) began, 2010	2 Labor Day <i>Outpatient Clinics Closed</i> Japan surrenders, WWII, 1945	3	4	5	6	7 WEIGHT

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Patriot Day

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WEIGHT

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POW/MIA Recognition Day

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WEIGHT

22

23

Autumn begins

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25

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27

28

WEIGHT

29

Rosh Hashanah begins at sunset

30

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



SAMPLE.



For a free monthly poster, the Veterans' Health at Home® Lifetime book, and the Healthy Living Messages book, visit aipm.net/VA2019 or download 'HealthyLife Mobile' from your App store. Access code: VA2019

AUGUST 2019

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OCTOBER 2019

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MY HEALTH GOAL

Empty box for setting health goals.

Prevent flu in you and others

Getting vaccinated with a flu shot every year is the best way to protect yourself against influenza or the flu. Plus, it helps keep the flu from spreading to others. A flu shot is recommended for everyone ages six months and older.

Other important steps you can take to prevent the flu:



- Wash your hands well after coughing or sneezing, after using the bathroom, after caring for someone who is sick, and before eating or preparing food.
- Cover your coughs and sneezes with a clean tissue or your elbow.
- Keep your hands from touching your face.
- Avoid people who are sick as much as possible.
- Stay home if you are sick.



October 2019



Health Goal: I will get my flu shot by the end of October.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>For a free monthly poster, the Veterans' Health at Home® Lifetime book, and the Healthy Living Messages book, visit aipm.net/VA2019 or download 'HealthyLife Mobile' from your App store. Access code: VA2019</p>	<p>RECORD minutes exercised, blood pressure & blood sugar and/or log these on My Health^eVet at www.myhealth.va.gov</p> 	1	2	3	4	5
						WEIGHT

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7

Operation Enduring Freedom (OEF) began, 2001

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Yom Kippur begins at sunset

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WEIGHT

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Columbus Day
Outpatient Clinics Closed

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WEIGHT

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United Nations Day

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WEIGHT

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Halloween

SEPTEMBER 2019

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NOVEMBER 2019

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MY HEALTH GOAL

Empty box for health goal

SAMPLE.

Get started with quitting

Without a doubt, becoming tobacco-free is one of the best things you can do for your health. To help Veterans and their loved ones, there are many quit resources and tools at www.smokefree.gov/veterans where you can:

- Build your personal quit plan.
- Understand how medications help you quit.
- Find the best ways to deal with cravings and avoid triggers.
- Learn how to ask for support from family, friends, co-workers, and other important people in your life.
- Receive daily texts to help stay on track and motivated.
- Understand the importance of celebrating your successes, every step of the way!

For more information and getting quit help, talk with your VA provider.



SAMPLE

November 2019



Health Goal: I will visit www.smokefree.gov/veterans in the next week to learn about receiving texts to help me quit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
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<p>MY HEALTH GOAL</p>																																																																																										

3 Daylight Saving
Time ends
(Turn clocks back
one hour.)

4

5 Election Day

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7

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WEIGHT

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11 Veterans Day
Outpatient
Clinics Closed

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13

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15

16

WEIGHT

17

18

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20

21

Great
American
Smokeout

22

23

WEIGHT

24

25

26

27

28

Thanksgiving
Outpatient
Clinics Closed

29

30

WEIGHT

SAMPLE.

Move to reduce stress

Many of us find the holidays very stressful. To help reduce some of that extra stress, find ways to fit 30 minutes of exercise into your day. As a result, it may also become easier to focus on what makes the holidays special - connecting with family and friends.

- Take a walk through your neighborhood to enjoy the holiday decorations and lights.
- Play outdoors with your kids or grandkids. If there's snow, make a snowman together or have with a friendly snowball fight.
- Go for 10-minute walks after you park and before you begin errands, your job, or shopping.
- Visit community or fitness centers as part of your holiday get-togethers. Go skating, swimming, or even take a group dance class.



December 2019



Health Goal: I will schedule at least one group visit to a local community center when my family visits.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
						<div style="background-color: #008080; color: white; padding: 2px; font-weight: bold;">WEIGHT</div> Pearl Harbor Remembrance Day

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WEIGHT

15

Iraq War declared over, 2011

16

17

18

19

20

21

WEIGHT

22

Winter begins

Chanukah begins at sunset

23

24

25

Christmas Day
Outpatient Clinics Closed

26

First day of Kwanzaa

27

28

WEIGHT

Operation Enduring Freedom ends, 2014

29

30

31

New Year's Eve

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



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NOVEMBER 2019

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24	25	26	27	28	29	30

JANUARY 2020

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19	20	21	22	23	24	25
26	27	28	29	30	31	

MY HEALTH GOAL

Empty box for setting a health goal.

SAMPLE.

VA Services

Veteran Benefits

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

Life Insurance

1-800-419-1473
www.insurance.va.gov

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 1-802-296-6300
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!® Program

www.move.va.gov

MyHealthVet

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

MyVA 311

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

MyVA

www.va.gov

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

Veterans Health Library

www.veteranshealthlibrary.org

Women Veterans Call Center

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



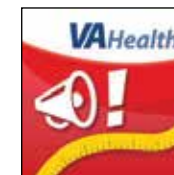
VA Mobile Health – mobile.va.gov



PTSD Coach



Ask a Pharmacist



MOVE!® Coach



Stay Quit Coach



Mindfulness Coach



Online Scheduling