

The VA & You

A Partnership of Care





VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century

2015 CALENDAR

November 2014

Record Minutes exercised  Record Blood pressure  Record Blood sugar 
and/or log these on My Health*e*Vet at www.myhealth.va.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
October 2014 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	Monthly Observances American Diabetes www.diabetes.org COPD Awareness www.lung.org						1 Weight _____
2 Daylight Saving Time Ends (Turn clocks back one hour.)	3	4	5	6	7	8 Weight _____	
9	10	11 Veterans Day Outpatient Clinics Closed	12	13	14	15 Weight _____	
16	17	18	19	20 Great American Smokeout Day	21	22 Weight _____	
23	24	25	26	27 Thanksgiving Day Outpatient Clinics Closed	28	29 Weight _____	
30							

Your Care – Your Way

Depending on your health care needs and where you live, VA has many options for you to get the right care in the right place at the right time:





- VA clinic visits with your health care team and other health care providers
- VA group sessions and support groups
- VA hospitals and specialty care services
- **VA Telephone Lifestyle Coaching.** These include ones for weight control (MOVE!) and stopping tobacco (QUIT VET).
- **VA Mobile Health.** Find out more at <https://mobilehealth.va.gov> and check out VA App Store options that include:
 - Stay-Quit Coach and smokefreeVET
 - PTSD Coach
- **VA Telehealth.** You receive care in your home or closer to where you live. Examples are:
 - Clinical Video Telehealth
 - Diabetic Tele-retinal imaging
 - Home Telehealth
 - TeleMOVE! and “Be Active and MOVE!” program
 - Telemental health and Teledermatology

Prevention Tip

Get health screenings you have not yet had this year. Find out which ones you need from your health care team or your Wellness Reminders in My Health*e*Vet.

December 2014

Record Minutes exercised  Record Blood pressure  Record Blood sugar 
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monthly Observances Safe Toys and Gifts www.preventblindness.org	1	2	3	4	5	6 Weight _____
7 Pearl Harbor Remembrance Day	8	9	10	11	12	13 Weight _____
14	15	16 Chanukah (Begins at Sundown)	17	18	19	20 Weight _____
21 Winter Begins	22	23	24	25 Christmas Day Outpatient Clinics Closed	26 Kwanzaa Begins	27 Weight _____
28	29	30	31 New Year's Eve	January 2015 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		



Benefit from My HealtheVet

An easy way to be involved and informed of your health is through My HealtheVet. Register for this at www.myhealth.va.gov to:



- Manage your health care.
- Record and track your health data in one place.
- Take My HealtheVet's healtheliving assessment. You will find out your "health age" and receive a custom-made report that suggests healthy changes to lower your risk of disease.



Upgrade from a **Basic** to an **Advanced** or **Premium Account** for access to more My HealtheVet features. For a **Premium Account**, you need to complete an online or In-Person Authentication process. This allows you to use VA's Blue Button feature to view portions of your official VA health record. This may include:

- VA Admissions and Discharge Summaries
- VA Appointments (past two years)
- VA Notes (clinical notes since 1/1/2013)
- VA Laboratory Results and Immunizations
- VA Reports (EKG, Pathology, and Radiology)

Prevention Tip

Get health information you can trust from the Veterans Health Library. Go to www.veteranshealthlibrary.org for information in English and Spanish.

Wheel of Health

You are at the center of your health and health care. Use your values, goals, and what matters most to you to motivate you to be as healthy as you can be.

The green and largest circle includes the choices you make on a daily basis that affect your physical, mental, and spiritual health and well-being. Use this circle's 8 areas of Self-Care to follow good health habits and prevent and manage diseases.

The next circle represents Professional Care. This includes traditional care, such as preventive screenings and vaccines, medications, medical tests and treatments. It also includes complementary health services, such as yoga, tai chi, acupuncture, and supplements.

The role your community plays in your health is the outer ring of the wheel. Your community includes people and groups you are connected to and rely on, as well as those that rely on you.



Prevention Tip

At www.va.gov/QUALITYOFCARE/initiatives/patient-centered-care.asp, learn more about the Wheel of Health. Discuss it with your health care team.

January 2015

Record

Minutes exercised on

Record

Blood pressure on

Record

Blood sugar on

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Go to: www.aipm.net/VA2015 for this month's free poster and the Veterans' Health at Home® Self-Care Book.	February 2015 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	Monthly Observances Cervical Health Awareness www.nccc-online.org Glaucoma Awareness www.preventblindness.org		1 New Year's Day Outpatient Clinics Closed	2	3 Weight _____

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8

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10 Weight _____

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12

13

14

15

16

17 Weight _____

18

19 Martin Luther
King Jr. Day
Outpatient Clinics Closed

20

21

22

23

24 Weight _____

25

26

27

28

29

30

31 Weight _____

8

9

10

11

12

13

14 Weight _____
Valentine's Day

15

16 Presidents' Day
Outpatient Clinics Closed

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18 Ash Wednesday

19 Chinese New Year

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21 Weight _____

22

23

24

25

26

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28 Weight _____

March 2015

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				



Go to:
www.aipm.net/VA2015
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free poster and the
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Home® Self-Care Book.

Monthly Observances

Cancer Prevention
www.aicr.org

Heart Health Awareness
www.heart.org/HEART
ORG



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

20 Spring Begins

21 Weight _____

22

23

24

25

26

27

28 Weight _____

29 Palm Sunday

30

31



Go to:
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Monthly Observances
Colorectal Cancer
Awareness
www.preventcancer.org

Nutrition Awareness
www.eatright.org

April 2015

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		

Limit alcohol

Drink this:

One 12-ounce lite beer
Club soda with ice and lime
3 ounces of wine mixed with 2 ounces of club soda

Instead of this:

One 12-ounce regular beer
Vodka on ice with lime
5 ounces of wine



Non-alcohol piña colada: In a large glass, mix 1/4 cup coconut milk, 1 tablespoon lime juice, and ice. Pour in 10 ounces of sugar-free lemon-lime soda or lemonade.



Sparkling grape juice. To lower calories, dilute the juice with water. Garnish with grapes.



Prevention Tip

Avoid your drinking "triggers." These include certain people, places, and feelings. Plan something else to do instead of drinking.

April 2015

Record

Minutes exercised on


Record

Blood pressure on

Record

Blood sugar on

and/or log these on My HealthVet at www.myhealth.va.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Easter

6

7

8

9

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11 Weight _____

12 Eastern Orthodox Easter

13

14

15 Tax Day

16

17

18 Weight _____

19

20

21

22 Earth Day

23

24

25 Weight _____

26

27

28

29

30



Plan ways to be physically active

Keep a daily activity log on www.move.va.gov. Look for times to fit in more physical activity. You can exercise at little or no cost.

- Dance to tunes on the radio or your favorite CD.
- Use large cans or bottles with water for weights.
- Start a garden or expand the one you have.
- Shoot hoops or play soccer with your family.
- Toss a Frisbee or ball back and forth. Play tennis or volley ball at a local park.
- Walk in the morning or after dinner. Walk with family, friends, and/or the dog. Walk at the mall.

Ask your health care team about exercise options through the MOVE! program. (See January.) Ask, too, if you qualify for any special programs that offer help with fitness. Examples are “Wheelchair Athletes” and the “Diabetes Education Program.”



Prevention Tip

To keep from being a couch potato, limit TV time to one to two hours a day. And when you do watch TV, walk in place, lift weights, or use an exercise stretch band.

2015
May

Record

Minutes exercised on 









Record

Blood pressure on 

Record

Blood sugar on 

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
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5 Cinco de Mayo

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9 Weight _____

10 Mother's Day

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16 Weight _____
Armed Forces Day

17

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19

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21

22

23 Weight _____

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25 Memorial Day
Outpatient Clinics Closed

26

27

28

29

30 Weight _____

31

Plan to prevent falls



Let your health care team know if any medicines you take affect your vision or balance. Get regular vision exams.



Install lights and handrails on all staircases. Wear sturdy shoes with thin, nonslip soles both inside and outside the house. Avoid going barefoot.



Keep inside and outside walking areas of your house well-lit. Use nightlights. Remove anything you can trip over from stairs and walking paths.



Install and use grab bars in tubs and showers and next to toilets. Use non-slip mats in the tub and on shower floors.



Prevention Tip

Do exercises that improve balance, such as tai chi and yoga. Walk or do other weight-bearing exercises to keep bones strong.

2015
June

Record

Minutes exercised on 



Record

Blood pressure on 

Record

Blood sugar on 

and/or log these on My HealtheVet at www.myhealth.va.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Weight _____ D-Day
						



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for this month's
free poster and the
Veterans' Health at
Home® Self-Care Book.

7

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13 Weight _____

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Flag Day

15

16

17 Ramadan
(Begins at Sunset)

18

19

20 Weight _____

21

Father's Day
Summer Begins

22

23

24

25

26

27 Weight _____

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29

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Monthly Observances
Men's Health
www.menshealthmonth.org

National Safety
www.nsc.org

July 2015

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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	



Choose foods with less sugar

Nearly 25 percent of Veterans in the VA Healthcare System have diabetes. Blood sugar control helps prevent serious health problems. These include kidney disease, nerve damage, and blindness.

Enjoy Foods and Drinks with Less Sugar

Instead of:

Choose:



Pecan pie (1/6th of a 9 inch pie)
12 g Sugar



1/4 cup pecans
1 g Sugar



16 oz. French Vanilla cappuccino
40 g Sugar



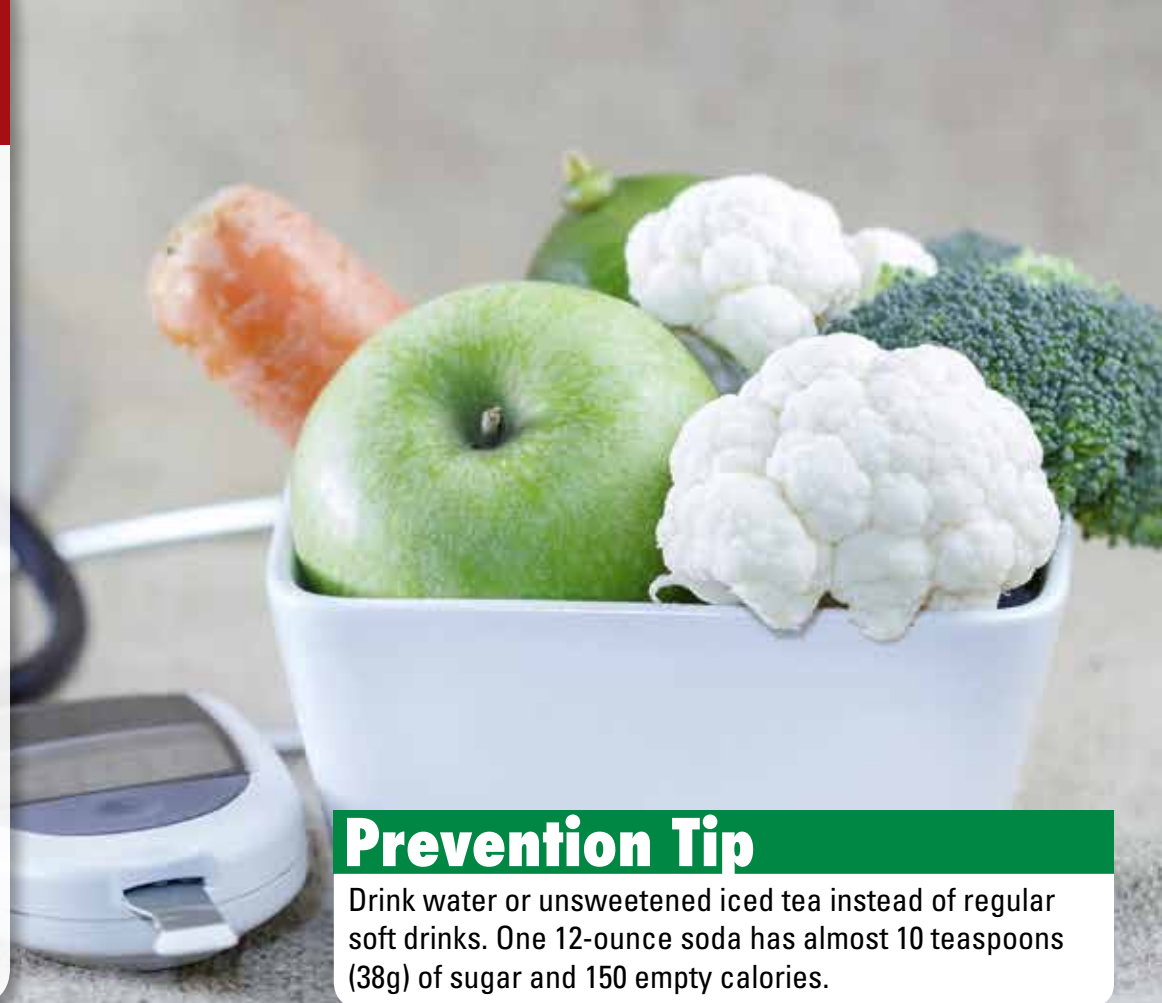
16 oz. black coffee with 1 oz. skim milk
1-1/2 g Sugar



Chocolate cupcake
21 g Sugar



No sugar added fudgsicle
2-1/2 g Sugar



Prevention Tip

Drink water or unsweetened iced tea instead of regular soft drinks. One 12-ounce soda has almost 10 teaspoons (38g) of sugar and 150 empty calories.

July

2015

Record

Minutes exercised on █


Record

Blood pressure on █

Record

Blood sugar on █

and/or log these on My HealthVet at www.myhealth.va.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
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11 Weight _____

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16

17 Eid al-Fitr
(Begins at Sunset)

18 Weight _____

19

20

21

22

23

24

25 Weight _____

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29

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31



Vaccines save lives

Get a yearly flu vaccine.

- Every year, 36,000 people die from serious problems due to the flu.
- Flu vaccine is single best way to prevent getting flu. Persons age 6 months and older need this vaccine.

Get a Tdap vaccine if you have not yet had this.

- This helps protect infants and babies from dying or getting very sick from whooping cough.
- Adults need this vaccine only once.

Get a pneumococcal vaccine at age 65 or older.




- This helps prevent getting a certain type of pneumonia that can threaten life.
- Most people need this vaccine only once. If you smoke or have certain chronic health problems, you may need to get this vaccine sooner. You may need a second dose.





Prevention Tip

Ask your health care team which vaccines are right for you. Vaccines you need depend on your age, gender, health status, and family history.

2015 August

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S	M	T	W	Th	F	S																																									
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22 Weight _____

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29 Weight _____

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31



Learn about STI risks

Discuss, with your health care team, ways to prevent and lower your risk of sexually transmitted infections (STIs). Be prepared to discuss:

- If you or your partner(s) have an STI or HIV. (Federal law protects your privacy about HIV.) Having HIV or another STI puts you at risk of getting other STIs and puts your partners at risk.
- Treatments you and your partner(s) take or have taken for an STI or HIV
- How many sexual partners you have and type of sex with each one
- Your use of alcohol and/or drugs and if you share drug needles or other drug equipment
- If you use male or female condoms
- If you have had 3 doses of hepatitis B vaccine
- If you are female and planning a pregnancy or are pregnant



Prevention Tip

Be honest and open with your health care team to promote proper STI prevention, testing, and treatment.

September 2015

Record

Minutes exercised on 



Record

Blood pressure on 

Record

Blood sugar on 

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6

7

Labor Day
Outpatient Clinics Closed

8

9

10

11

Patriot Day

12 Weight _____

13 Rosh Hashanah
(Begins at Sundown)

14

15

16

17

18 POW/MIA Day

19 Weight _____

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21

22 Yom Kippur
(Begins at Sundown)

23 Autumn Begins
Eid al-Adha
(Begins at Sunset)

24

25

26 Weight _____

27

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29

30



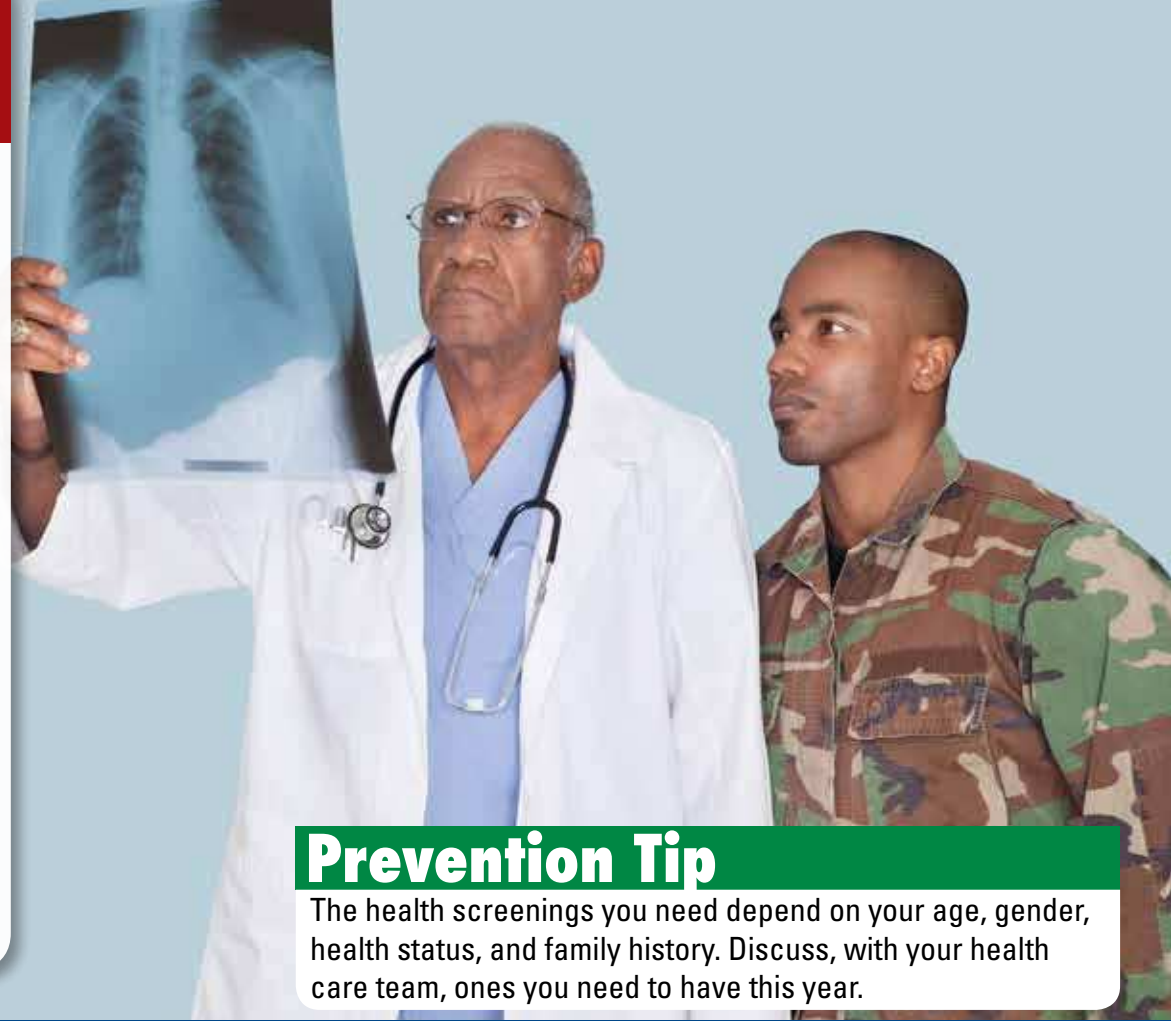
October 2015

S	M	T	W	Th	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Health screenings save lives

Many health problems can be prevented or treated with success if found early. Getting certain screenings can even save your life! For example:




- A **colonoscopy** can find and remove polyps. These are overgrowths of tissue on the lining of your colon that can turn into cancer. Removing the polyps helps prevent colon cancer.
- **Cervical cancer** can be prevented nearly 100 percent of the time with regular screenings and follow-up care.
- **Blood pressure** checks are needed to diagnose high blood pressure because it usually has no symptoms. This disease is called a “silent killer” because it can lead to stroke, heart disease, and kidney disease.
- Screening for an **abdominal aortic aneurysm** can find this before the aorta bursts. This can threaten life. Men who have ever smoked should get this one-time screening between the ages of 65 and 75.



Prevention Tip

The health screenings you need depend on your age, gender, health status, and family history. Discuss, with your health care team, ones you need to have this year.

October 2015

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 <p>Go to: www.aipm.net/VA2015 for this month's free poster and the Veterans' Health at Home® Self-Care Book.</p>	<p>November 2015</p> <p>S M T W Th F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30</p>	<p>Monthly Observances</p> <p>Breast Cancer Awareness www.cancer.org</p> <p>Physical Therapy Month www.apta.org</p>		1	2	3 Weight _____
						

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10 Weight _____

11

12 Columbus Day
Outpatient Clinics Closed

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17 Weight _____

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21

22

23

24 Weight _____
United Nations Day

25

26

27

28

29

30

31 Weight _____
Halloween

8

9

10

11

Veterans Day
Outpatient Clinics Closed

12

13

14 Weight _____

15

16

17

18

19

Great American
Smokeout Day

20

21 Weight _____

22

23

24

25

26

Thanksgiving Day
Outpatient Clinics Closed

27

28 Weight _____

29

30



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Monthly Observances

American Diabetes
www.diabetes.org

COPD Awareness
www.lung.org

December 2015

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		

Do mindfulness exercises

- Studies have shown that mindfulness exercises help Veterans deal with PTSD.
- With these exercises, you focus on the present moment and put past and future thoughts out of your mind. You can do this while you listen to music, walk, run, garden, or with any activity. Just focus completely on all aspects of what you are sensing in the moment.

Meditation is a popular mindfulness exercise.

- Find a place with no distractions. Get comfortable.
- Close your eyes. Clear your mind of thoughts.
- With each breath you take, focus on something in your surroundings.

Use VA resources to help you deal with stress:

- PE (prolonged exposure) Mobile App
www.t2health.org/apps/pe-coach
- Making the Connection for Veterans
www.maketheconnection.net/veterans



Prevention Tip



If you are in an emotional crisis, call The Veterans' Crisis Line, chat online at www.veteranscrisisline.net or text for help at 838255.

December 2015

Record

Minutes exercised on █



Record

Blood pressure on █

Record

Blood sugar on █

and/or log these on My HealtheVet at www.myhealth.va.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Go to: www.aipm.net/VA2015 for this month's free poster and the Veterans' Health at Home® Self-Care Book.</p> 		1	2	3	4	5 Weight _____

6 Chanukah
(Begins at Sundown)

7 Pearl Harbor
Remembrance Day

8

9

10

11

12 Weight _____

13

14

15

16

17

18

19 Weight _____

20

21

22 Winter Begins

23

24

25 Christmas Day
Outpatient Clinics Closed

26 Weight _____
Kwanzaa Begins

27

28

29

30

31 New Year's Eve

Monthly Observances
Safe Toys and Gifts
www.preventblindness.org

January 2016

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

VA Resources	Phone Number	Web Site
Veteran Benefits	1-800-827-1000	www.va.gov or www.ebenefits.va.gov
Health Care	1-877-222-8387	www.va.gov/healthbenefits
VA Facility Locator	1-877-222-8387	www.myhealth.va.gov
Agent Orange Helpline	1-800-749-8387	www.va.gov/agentorange
Burial & Memorials	1-800-827-1000	www.cem.va.gov
Center for Minority Veterans	1-202-461-6191	www.va.gov/centerforminorityveterans
Devices for the Deaf (TDD)	Dial 711	
Education Benefits & Services	1-888-442-4551	www.benefits.va.gov/gibill
Gulf War Helpline	1-800-749-8387	www.va.gov/gulfwar
Homeless Veterans	1-877-424-3838	www.va.gov/HOMELESS/index.asp
Home Loans	1-888-244-6711	www.benefits.va.gov/homeloans
Life Insurance	1-800-669-8477	www.insurance.va.gov
Mental Health	Call Your VA	www.mentalhealth.va.gov
MOVE! [®] Program	Call Your VA	www.move.va.gov
MyHealtheVet	1-877-327-0022	www.myhealth.va.gov
National Center for Posttraumatic Stress Disorder (PTSD)	1-802-296-6300	www.ptsd.va.gov
Returning OEF/OIF/OND Service Members	1-877-222-8387	www.oefoif.va.gov
Survivor Benefits	1-800-827-1000	www.vba.va.gov/survivors
VA Caregiver Support Line	1-855-260-3274	www.caregiver.va.gov
VA Mobile Health		https://mobilehealth.va.gov
VA National Center for Health Promotion & Disease Prevention		www.prevention.va.gov
VA National Center for Patient Safety		www.patientsafety.va.gov
Veterans Crisis Line	1-800-273-8255 Press "1"	www.veterancrisisline.net
Women Veterans Hotline	1-855-829-6636	www.womenshealth.va.gov

Health Contacts & Phone Numbers

Emergency Contact Numbers

Emergency Medical Service: 911 or _____

Ambulance Service: _____

Fire: _____

Police: _____

Poison Control Center: 1-800-222-1222



Health Care Team Members & Other Health Care Providers

My Primary Care Doctor: _____

My Nurse Care Manager: _____

My Clinical Associate: _____

My Care Team Clerk: _____

My VA Facility: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

My Pharmacist: _____

Pharmacy Refill: _____

VA Tele-Nurse: _____

Make an Appointment Phone #: _____

Cancel an Appointment Phone #: _____

Patient Representative (Advocate): _____

Transportation Service: _____

My Health Insurance Information

Name: _____

Address: _____

Phone #: _____

Policy #: _____