

VA Northwest Health Network Healthy Living Resource Guide



**This guide lists online and phone app
resources available to Veterans**

Brought to you by VA Northwest Health Network's
Health Education & Health Promotion Program
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VA



U.S. Department
of Veterans Affairs



Are you ready to take the steps towards making healthy living changes?

This resource guide lists websites and phone apps available to you. Take a look!

Being active in your care helps you improve your health and well-being. If you have questions or are ready to make a healthy living change, please contact your primary care team.

What would you like to improve about your health?

How would this improve your life?

Look at the choices below. Which would you like to get started on first?

My Health Choices



Circle your choice below.



Be Involved in Your Health Care



Be Tobacco Free



Eat Wisely



Be Physically Active



Strive for a Healthy Weight



Limit Alcohol



Get Recommended Screening Tests & Immunizations



Manage Stress



Be Safe





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BE INVOLVED IN YOUR HEALTH CARE

You can play an active role when you have a visit with your health care team. Let your team know about your health problems, your concerns about your health, and any stressful aspects of your life that affect your health and your ability to manage daily activities. Be sure to tell your team about all medications you take. Remember to include over-the-counter medicines, vitamins, and herbal products.

[Veterans Health Library](#)

Free access to hundreds of handouts and videos so you will have the information you need to understand a diagnosis, make treatment decisions, and manage your health.





BE INVOLVED IN YOUR HEALTH CARE

[My HealtheVet](#)

My HealtheVet is an online personal health record that allows anyone secure access to self-entered health information as well as tools that will help them track health measures, such as blood pressure, blood sugar and weight. You can also get facts about VA benefits and services.

If you receive care at a VA facility you can upgrade your My HealtheVet account to “Premium” which allows you to view parts of your VA medical record, lab results, and VA appointments in addition to refilling and tracking your VA prescriptions. To learn more about how to get an upgraded account, contact the My HealtheVet National Help Desk: (877) 327-0022 or your local My HealtheVet Coordinator.



[HealtheLiving Assessment](#)

Use this tool to help you understand your health habits and overall health. Answer a set of personalized, confidential questions about diet, exercise, weight, family medical history, and use of alcohol and tobacco. The answers are used to calculate the Veteran’s “health age” and risk for disease. It takes about 20 minutes to complete and is available online 24/7. All registered MyHealtheVet users, family members and caregivers can take the HealtheLiving Assessment



BE INVOLVED IN YOUR HEALTH CARE

Video

[What's Your Health Age?](#)

Want to know how old you really are? Take the Health eLiving Assessment and learn your health age.

Your Health Age is 38
You can reduce this by 14 years

Now Due

- Tetanus and whooping cough vaccine
- Yearly flu vaccine
- Pneumococcal vaccine

Your Health Choices

Excellent
Could be Improved
May Change Possible

Diet Physical Activity Stress Tobacco Alcohol Safety

Where you stand What you are interested in working on

Your Health Risks
Risks before the age of 50

100 Recalculate 45

Reset

Aaron, take action to lower your health age. Select recommendations below and recalculate:

- For optimal health, lose weight. Your BMI is 30.5
- Discuss cholesterol levels with your health care team
- Get 2 1/2 hours a week or more of moderate physical activity
- Eat a healthy, balanced diet by making better food choices
- Eat a variety of fruits and vegetables every day
- Select lean meats and poultry, limited or processed meat
- Be safe on the road every day
- Find opportunities to build social connections
- Consider family planning options
- Seek resources to help manage stress



BE INVOLVED IN YOUR HEALTH CARE

VA Phone Apps



[VA Online Scheduling](#)

You can request, schedule and cancel health appointments at VA facilities where you receive care. Not available in all areas.



[VA Launchpad for Veterans](#)

You and your caregiver can find VA apps to help you manage health, communicate with your care team, and improve mental health and life.



[Annie App for Veterans](#)

The Annie app sends you automated messages to prompt you to track your own health. Annie can also send you appointment reminders and messages from your local VA medical facility.



[Ask a Pharmacist](#)

Find a VA pharmacy close to you and learn more about how VA pharmacies operate. Learn about your medications, how to identify pills by sight, read medication labels, drug interactions and more.



BE INVOLVED IN YOUR HEALTH CARE



[VA Pressure Ulcer Resource \(PUR\)](#)

The VA Pressure Ulcer Resource app helps Veterans and caregivers prevent and take care of existing pressure ulcers/injuries.



[Acceptance and Commitment Therapy \(ACT\)](#)

Learn to live with difficult thoughts, feelings, and impulses without being controlled by them. If you're using ACT with your therapist, find additional tools, resources, and information here.



[CBT-i Coach](#)

Learn to improve sleep habits. If you're using CBT-I Coach with your therapist, find additional tools, resources, and information here.



[COVID Coach](#)

Learn to improve sleep habits. If you're using CBT-I Coach with your therapist, find additional tools, resources, and information here.



[Centers for Disease Control and Prevention \(CDC\) Phone Apps](#)



[CDC Mobile App](#)

Important public health information 24/7. Stories, videos, podcasts, journals and blogs on the most up-to-date health news and information.



[Health IQ App](#)

Challenge your Health IQ in this fun and educational health trivia app that includes health trivia questions and word scrambles.



[TravWell](#)

This app helps you plan for safe and healthy international travel. Get destination specific vaccine recommendations, travel checklists, and customizable healthy travel packing lists.



[Can I Eat This?](#)

Be more confident about your food and drink choices and help prevent traveler's diarrhea by using this app.

Other Apps

Federal Government Mobile Apps Directory

[USA.gov Phone Apps](#)



BE INVOLVED IN YOUR HEALTH CARE

Online Resources

U.S. Department of Veterans Affairs

[National Center for Health Promotion and Disease Prevention
Whole Health](#)

U.S. Department of Health and Human Services

[Take Charge of Your Health Care](#)

Agency for Health & Research Quality (AHRQ)

[Be More Involved in Your Health Care: Tips for Patients
Personalized Question List for Your Health Care Team](#)

National Institutes of Health, National Institute on Aging

[Talking with Your Doctor: A Guide for Older People](#)

Medline Plus®: U.S. National Library of Medicine: [Talking with Your Doctor](#)

Videos

[“Ask Me Three”](#) Three questions to ask during a visit to your doctor



Whole Health

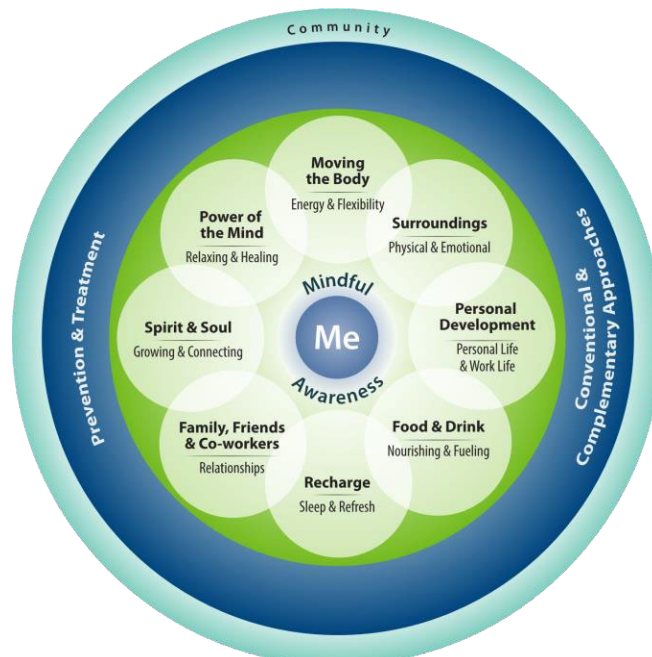
Whole Health

VA Whole Health is a cutting-edge approach to care that supports your health and well-being by centering around **what matters to you**, not what is the matter with you. This means your health team will get to know you as a person, before working with you to develop a personalized health plan based on your values, needs, and goals.

Learn the [Whole Health Basics](#) and then ask your health team about Whole Health classes at your facility. In the class, you will be guided to complete your [Personal Health Inventory](#) and create a [Personal Health Plan](#) tailored just for your needs.

Videos

[Whole Health Care Comes to Life Through Interactive Patient Care](#)





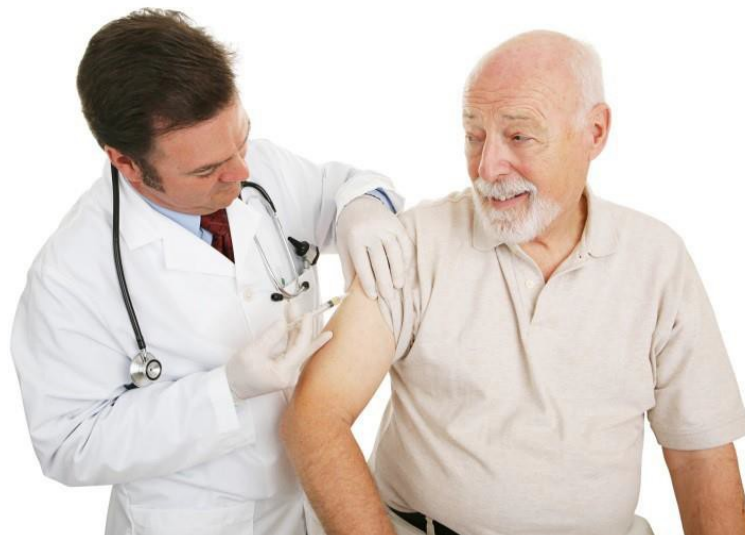
RECOMMENDED SCREENINGS & IMMUNIZATIONS

The Veterans Health Administration (VHA) aims to help you stay healthy. The links below take you to the lists of preventive health services (screening tests, medications, health counseling and vaccines) that VHA recommends.

Screening tests are used to look for health conditions before you have symptoms. These recommendations apply only to adults of average risk. You are of average risk if you have no personal or family history or symptoms of the conditions listed below. If you are having symptoms of a condition, please talk with your provider.

[Staying Healthy: Recommendations for WOMEN](#)

[Staying Healthy: Recommendations for MEN](#)





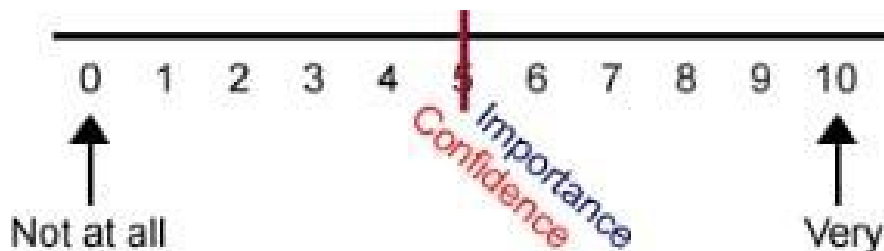
STRIVE FOR A HEALTHY WEIGHT



VA's national weight management program is designed to help you lose weight, keep it off and improve your health.

MOVE! is a self-management weight loss program that encourages lifestyle changes through goals YOU set. It is not a diet or exercise program. You may choose among weekly and monthly group sessions, one-on-one support from a Registered Dietitian, telephone support, phone app, and/or online and printed resources. Ask your local VA what is available in your area.

Take the first step now by completing the [MOVE!11 Questionnaire](#). This will provide an assessment of your current eating and physical activity habits as well as your confidence about losing weight. The report you receive will recommend specific [MOVE! handouts](#) that provide information that relate to your responses to the questions.





STRIVE FOR A HEALTHY WEIGHT

If you want to get involved in your local MOVE! program, contact your Primary Care Team or the MOVE! Program Coordinator at your local VA and provide them with the Retrieval Code listed on your report that looks like this:

Patient's Report

***RC: V53.402971S**

Losing and controlling your weight takes concentration. Do it at your own pace. It does get much easier over time, as new, healthier habits replace old ones. Make your health a top priority!

Phone App

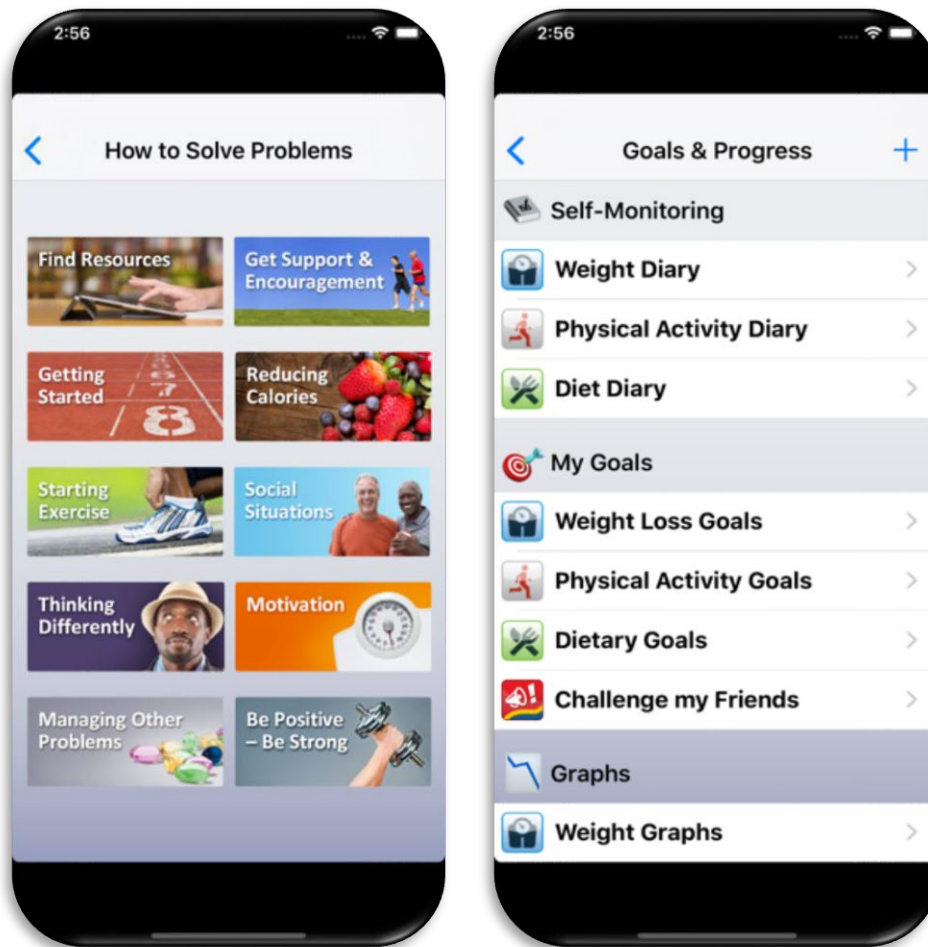
[MOVE! Coach](#)



MOVE! Coach is a weight loss app for Veterans, service members, and others who want to lose weight. This 19-week program guides participants to achieve weight loss through education and use of tools in an easy and convenient way. Participants can monitor, track and receive feedback on their progress with weight, diet and exercise goals.



STRIVE FOR A HEALTHY WEIGHT



MOVE! Coach App. Message and data rates may apply. Use Wi-Fi to avoid data usage.

Features and Benefits

- Daily diaries and personalized graphs to track weight loss
- Educational videos, games and worksheets
- Progress and summary reports to help keep track of goals



STRIVE FOR A HEALTHY WEIGHT

Online Resources

U.S. Department of Veterans Affairs

National Center for Health Promotion and Disease Prevention:

[Strive for a Healthy Weight](#)

MOVE! Weight Management Program: [Weight Loss Success Stories](#)

U.S. Department of Health & Human Services

National Institutes of Health: [Aim for a Healthy Weight](#)

MyHealthfinder: [Watch Your Weight](#)

Centers for Disease Control and Prevention: [Healthy Weight](#)

Blogs

U.S. Department of Veterans Affairs: Vantage Point,

[Veteran Uses VA Programs to Manage Weight](#)

[Manage Stress to Avoid Weight Gain](#)



STRIVE FOR A HEALTHY WEIGHT

Videos

[VA MOVE! Coach Mobile App](#)

[VA MOVE! Program Success Stories](#)

[5 Ways to Start Eating Healthy](#)

[Weight Management](#)

Phone App

[BAM! Dining Decisions](#)



Learn to make smart food choices by playing a fun game.





EAT WISELY

You can maximize your health by eating wisely. Eat a variety of foods including vegetables, fruits, whole grains, fat-free or low-fat milk products, and try to limit salt, fat, sugar and alcohol.

Ask your local VA about VA Healthy Teaching Kitchen cooking classes.

Online Resources

U.S. Department of Veterans Affairs

National Center for Health Promotion and Disease Prevention:

[Eat Wisely](#)

Healthy Living Centers: [Eat Wisely](#)

Nutrition and Food Services: [Nutrition and Health](#)

U.S. Department of Health & Human Services

National Institutes of Health: [Nutrition Tools and Resources](#)

MyHealthfinder: [Eat Healthy](#)

United States Department of Agriculture

[Food and Nutrition Trending Topics](#)

[and Resources](#)

[Choose MyPlate](#)



Produce for Better Health Foundation

[Have a Plant: Fruits and Veggies for Better Health](#)



EAT WISELY

Videos

United States Department of Agriculture

[Choose MyPlate](#)

[Whole Grains for Breakfast](#)

[Whole Grains for Healthy Family Meals](#)



Start simple
with **MyPlate**

Phone App



[Start Simple with MyPlate](#)

Learn to make smart food choices by playing a fun game.

[FoodKeeper App](#)

Learn about food and beverage storage. Keep items fresh longer.

Recipes

U.S. Department of Veterans Affairs

Nutrition and Food Services: [Recipes and Cookbooks](#)

U.S. Department of Health & Human Services: [Recipe Database](#)

United States Department of Agriculture

Choose MyPlate: [Recipes, Cookbooks and Menus](#)

Choose MyPlate: [Grocery Shopping on a Budget](#)

Produce for Better Health Foundation [Fruit & Veggie Recipes](#)



EAT WISELY

Food Safety and Storage to Prevent Food Poisoning

U.S. Department of Agriculture: [Get Answers to Your Food Safety Questions](#)

FoodSafety.gov: [Your Gateway to Food Safety Information](#)



Clean



Separate



Cook



Chill

Cooking Videos

U.S. Department of Veterans Affairs:

[Healthy Teaching Kitchen](#)

Cooking videos from VA locations nationwide are uploaded throughout the year. Make sure to check back for new ones!



U.S. Department of Health & Human Services: [Healthy Eating Videos](#)

United States Department of Agriculture: [MyPlate Kitchen](#)

[Stuffed Bell Peppers](#)

[Healthy Snack #1: Peanut Butter and Apple Wrap](#)

[Healthy Snack #2: The Charger Wrap](#)

[Healthy Lunch: Crunchy Hawaiian Chicken Wrap](#)



BE PHYSICALLY ACTIVE

Being physically active can give you more energy and can decrease your chances for depression, high blood sugar, heart disease, high blood pressure, obesity, stroke and some types of cancer.

Online Resources

U.S. Department of Veterans Affairs

- National Center for Health Promotion and Disease Prevention:
[Be Physically Active](#)
- Public Health: [VA2K Walk & Roll](#)
- Rehabilitation and Prosthetic Services:
[Recreation Therapy](#)
- [VA Adaptive Sports & Therapeutic Arts](#)
 - [Golden Age Games](#)
 - [National Disabled Veterans Winter Sports](#)
 - [National Veterans Summer Sports Clinic](#)
 - [National Wheelchair Games](#)
 - [National Disabled Veterans TEE Tournament](#)



U.S. Department of Agriculture: Choose MyPlate [Physical Activity](#)

Other Government Agencies:

- [Physical Activity Guidelines for Americans](#) and [Get Active](#)
- National Institute on Aging: [Exercise and Physical Activity](#)
- [Exercise for Seniors](#)
- President's Council on Fitness, Sports and Nutrition: [Be Active](#)



BE PHYSICALLY ACTIVE

Exercise Videos

U.S. Department of Veterans Affairs

[MOVE! Playlist](#)

[Get Fit for Life](#)

[Gentle Yoga for Health and Intro to Tai Chi](#)



U.S. Department of Health and Human Services National Institute on Aging:

[Stretching](#)

[Building Strength](#)

[Balance](#)

[Exercise Safety](#)

Activity Planner

U.S. Department of Health and Human Services/
Office of Disease Prevention and Health Promotion



[Activity Planner](#)

Use this planner to set goals, choose activities you want to do, and get tips to help you stay motivated. Print your plan to track activity throughout the week.

Phone Apps

Centers for Disease Control and Prevention



[CDC HEADS UP Concussion and Helmet Safety](#)

This app teaches concussion safety to children by using a fun game.



BE SAFE: PREVENT FALLS

Did you know that falls are a leading cause of injury in older adults? It is important to protect yourself from falls, and there are practical steps you can take to be safe. Learn more about how to prevent falls.

Online Resources

U.S. Department of Veterans Affairs

National Center for Health Promotion and Disease Prevention:

[Prevent Falls](#)

Centers for Disease Control and Prevention:

Home and Recreational Safety: [Older Adult Falls](#)

National Institute on Aging: [Prevent Falls and Fractures](#)





BE SAFE: TRANSPORTATION SAFETY

Online Resources

U.S. Department of Veterans Affairs

National Center for Health Promotion and Disease Prevention:

[Be Safe: Prevent Motor Vehicle Crashes](#)

U.S. National Library of Medicine: [Motor Vehicle Safety](#)

Centers for Disease Control and Prevention

Injury Prevention & Control:

[Motor Vehicle Safety](#)

[Motorcycle Safety](#)

[Bicycle Safety](#)

Videos

[Safe Driving PSA with Richard Petty](#)





BE SAFE: SEXUALLY TRANSMITTED INFECTIONS

It is important to be safe and protect yourself from sexually transmitted infections.

Online Resources

U.S. Department of Veterans Affairs

[Prevent Intimate Partner Violence](#)

[Prevent Sexually Transmitted Infections](#)

[HIV/AIDS](#)

Centers for Disease Control and Prevention

[Prevent Sexually Transmitted Diseases](#)

[STDs & Related Conditions](#)

U.S. Department of Health and Human Services

MyHealthfinder: [HIV and Other STDs](#)

Which of these people
should get an HIV test?



All of them



BE TOBACCO FREE

The VA can help you stop tobacco use. Medications, group classes, telephone counseling and cell phone text/ app programs are available to help. Talk with your healthcare provider about which option you are interested in.

Learn about: Why I use tobacco, nicotine addiction, medicines for quitting, getting ready to quit, what makes me want to smoke, eating, help with stress, how to quit and staying off tobacco.

Online Resources

U.S. Department of Veterans Affairs

Mental Health: [Tobacco and Health](#)

National Center for Health Promotion and Disease Prevention:

[Be Tobacco Free](#)

Veterans Health Library: [Tobacco and Your Health](#)

Centers for Disease Control and Prevention:

[Smokeless Products](#)

[Electronic Cigarettes](#)

National Institutes of Health: [Quitting Smoking](#)

U.S. Food and Drug Administration: [Tobacco Health Information](#)

American Cancer Society: [Great American Smokeout](#)



BE TOBACCO FREE

U.S. Dept. of Health and Human Services

[Quit Smoking](#)

[Talk to Your Kids About Tobacco, Alcohol and Drugs](#)

[Be Tobacco Free](#)

[Smoke Free](#)

[Become a Smokefree Woman](#)

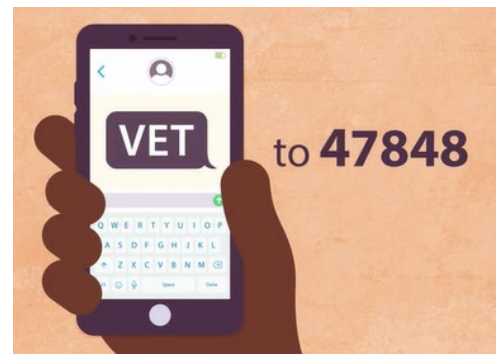
[Become a Smokefree Veteran](#)



[SmokefreeVet](#) is an automated text messaging service for military Veterans who want to quit tobacco. Text “Vet” to 47848 to sign up. Message and data rates may apply.

To speak with a smoking cessation counselor, call 1-855-QUIT-VET. You can also join the

[SmokefreeVet: Facebook Support Group](#)



Videos

Centers for Disease Control and Prevention:

[Tips from Former Smokers](#)



BE TOBACCO FREE

Phone Apps

[Stay Quit Coach App](#)



This app was designed to help Veterans with Post-Traumatic Stress Disorder (PTSD) quit smoking. Users create a tailored plan that considers their personal reasons for quitting. Information, interactive tools, motivational messages and support contacts help users quit, cope with urges, and stay smoke-free.



[quitSTART App](#)



The quitSTART app takes information you provide about your smoking history and gives you tailored tips and inspiration, and helps you fight cravings through interactive games and challenges.





LIMIT ALCOHOL

Are you thinking about cutting down or quitting alcohol? Learn to cut down or stop drinking.

Online Resources

U.S. Department of Veterans Affairs

National Center for Health Promotion and Disease Prevention:

[Limit Alcohol](#)

Centers for Disease Control and Prevention

[Alcohol and Public Health](#)

[Alcohol Use Basics](#)

National Institute on Alcohol Abuse and Alcoholism

[Alcohol's Effect on Health](#)

[What is a Standard Drink?](#)

[How to Cut Down on Your Drinking](#)

[Mixing Alcohol with Medicines](#)



National Institute on Drug Abuse: [Alcohol, Effects and Trends](#)

Substance Abuse and Mental Health Services Administration

[Get Help: Alcohol, Tobacco and Other Drugs](#)

U.S. Department of Health and Human Services

[Drink Alcohol Only in Moderation](#)



LIMIT ALCOHOL

Videos

Centers for Disease Control and Prevention

[Binge Drinking](#)

Standard Drink Equivalents (pictured below)
contain about 14 grams of pure alcohol.



Phone Apps

[VetChange](#)



If you're concerned about your drinking habits related to post traumatic stress or want to develop healthier drinking behaviors, this app will give you tools to cut down or quit drinking, manage your stress, and help you find professional treatment. It can be used alone or in combination with counseling.



DIABETES

Know more and do more to manage your diabetes and stay healthy.

Online Resources

U.S. Department of Veterans Affairs

[Self-Care Skills for the Person with Diabetes](#)

Nutrition and Food Services: [Diabetes Information](#)

Public Health: [Diabetes Mellitus Type 2 and Agent Orange](#)

U.S. Department of Health & Human Services

MyHealthfinder: [Eat Healthy with Diabetes](#)

Veterans Health Library

[Diabetes and Drinking Alcohol](#)

[Diabetes and Periodontal Disease](#)

[Living Well with Type 2 Diabetes](#)

[Diabetic Retinopathy Understanding](#)

[Carbohydrates](#)

National Institute of Diabetes and Digestive and Kidney Diseases

[Diabetes Health Information](#)

[Managing Diabetes](#)



DIABETES

U.S. National Library of Medicine, Medline Plus

[Diabetes](#)

[A1C Test](#)

Centers for Disease Control and Prevention: [Diabetes Basics](#)

Videos

U.S. Department of Veterans Affairs, Veterans Health Library

[Prediabetes](#)

[Diabetes Related Eye Disease](#)

[Foot Care for People with Diabetes](#)





CANCER

Online Resources

U.S. Department of Veterans Affairs

Nutrition and Food Services: [Nutrition and Cancer](#)

National Center for Health Promotion and Disease Prevention

[Lung Cancer Screening](#)

Veterans Health Library: [Cancer](#)

National Institutes of Health: [National Cancer Institute](#)

Centers for Disease Control and Prevention

[Cancer](#)

[Cancer Prevention and Control](#)

American Cancer Society

[Coronavirus, COVID-19, and Cancer](#)

Videos

U.S. Department of Veterans Affairs

National Center for Health Promotion and Disease Prevention

[Lead time Bias](#)

[Overdiagnosis Bias](#)

[Cancer Screening I - Benefits and Harms](#)

[Cancer Screening II - False Positive Results](#)

[Cancer Screening III - Overdiagnosis](#)

[Cancer Screening IV - Overdiagnosis \(long-term RCT follow-up\)](#)



SLEEP IMPROVEMENT

Do you feel sleepy all day? Some people need help to sleep better and feel rested. It's important to talk to your doctor about sleep problems to find out what solutions will work best for you.

Here are some common sleep problems:

[Snoring and Obstructive Sleep Apnea](#)

[Restless Legs Syndrome](#)

[Insomnia](#)

Check out the Veterans Health Library for [sleep tips](#) that anyone can try.

Online Resources

U.S. Department of Veterans Affairs

[Healthy Sleep](#)

Veteran Training: [Sleep 101](#)

National Institute on Aging: [A Good Night's Sleep](#)

Centers for Disease Control and Prevention: [Basics About Sleep](#)

Videos

Make the Connection:

[Taking Steps for Better Sleep](#)

[Veterans Find Solutions for Better Sleep](#)



SLEEP IMPROVEMENT

Phone App

[CBT-I Coach](#)



The CBT-I app is designed for Veterans who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. Its features include sleep education, an interactive sleep diary, and tools to improve sleep, including relaxation exercises and customizable reminders.



PAIN MANAGEMENT

When you are in pain it's important to take good care of yourself. Learn about the truths and myths of chronic pain and what you can do to deal feel better.

Online Resources

U.S. Department of Veterans Affairs

Make the Connection: Veteran stories about [Chronic Pain](#) with tools and resources to help

National Center for PTSD: [Chronic Pain and PTSD](#)

Veterans Health Library:

[Understanding Chronic Pain](#)

[Managing Chronic Pain: Therapies for Mind and Body](#)

[Complementary Care for Pain](#)

[Managing Chronic Pain with Exercise](#)

[Communicating About Pain](#)

National Institute of Mental Health: [Chronic Illness & Mental Health](#)

National Institute of Neurological Disorders and Stroke: [Chronic Pain](#)





STROKE, MEMORY SKILLS & DEMENTIA

Online Resources

U.S. Department of Veterans Affairs

[Dementia Care \(Including Alzheimer's Disease\)](#)

[Brain Health and Quality of Life in Aging](#)

National Institutes of Health

National Institute on Aging: [Alzheimer's Disease and Related Dementias](#)

National Institute of Neurological Disorders and Stroke:

[Know Stroke: Know the Signs. Act in Time.](#)

[Dementia Information Page](#)

American Stroke Association: [About Stroke](#)

Centers for Disease Control and Prevention

[Stroke](#)

[Alzheimer's Disease and Healthy Aging](#)

[Aging and Depression](#)

[Dementia: Caring for Yourself While Caring for Others](#)



HOME TELEHEALTH

The [Home Telehealth](#) program helps you manage your health care needs in the comfort of your home. Using a special device, a nurse can monitor and assess your health and well-being. The device can check your symptoms and measure your vital signs (pulse, weight, temperature, etc.) without you having to leave home.



This service may be available to Veterans with anxiety, bipolar disorder, diabetes, chronic heart failure, chronic obstructive pulmonary disease, depression, hypertension, or post-traumatic stress disorder. Contact your team to see if this service is appropriate for you.

Phone App

[VA Video Connect](#)



VA Video Connect connects you with your health care team from anywhere through your web-based mobile device. Using secure technology, this tool can make VA health care more convenient and reduce your travel time, especially if you live in a rural area or have limited access to VA care facilities. You and your health care provider can jointly decide if this technology is right for you.



WOMEN'S WELLNESS

Women are the fastest growing group within the Veteran population. Here are resources to help you get healthy, stay healthy, and live well.

Online Resources

U.S. Department of Veterans Affairs.

[Women Veterans Health Care](#)

[Center for Women Veterans \(CWV\)](#)

[Preventive Health Care Tips for Women: A Checklist to Live By](#)

[Sexually Transmitted Diseases - Women's Health Guide](#)

[Women's Health Guide to Preventing Infections](#)

[Women & Dementia](#)

[MomMoodBooster](#) – a free online program for postpartum depression





WOMEN'S WELLNESS

Centers for Disease Control and Prevention

[Women's Health](#)

[Cancer and Women](#)

[Osteoporosis](#)

[Folic Acid Quiz](#)



U.S. Department of Health and Human Services

[Office on Women's Health](#)

Phone Apps

[Caring4WomenVeterans](#)



This app provides comprehensive information about the specific health care needs of women Veterans.



MANAGE STRESS & MOOD

Discover new ways to deal with stress and low mood. Ask your local VA what classes and resources are available at your facility.

Online Resources

U.S. Department of Veterans Affairs

[Mental Health](#)

[Be Safe Prevent Self-Harm](#)

[Anger and Irritability Management Skills \(AIMS\)](#)

[Moving Forward: Overcoming Life's Challenges](#)

[PTSD Coach Online](#)

[Military Sexual Trauma](#)

[STAR Well-Kit](#) a web-based toolkit that combines wellness practices and Integrative Medicine.

[Treatment Works for Vets](#)

[National Institute of Mental Health](#)

Substance Abuse and Mental Health Services Administration: [Programs](#)

[After Deployment](#)





MANAGE STRESS & MOOD

Videos

U.S. Department of Veterans Affairs

[Managing Stress: Good for Your Health](#)

[I Choose Health – Stress](#)

[I Choose Health – Breathing and Relaxation](#)

[The War Related Illness & Injury Study Center](#)

See how Veterans have been helped by using different tools and techniques, including:

- Soft Belly Breathing
- Guided Meditation
- Qigong and Energy Gates
- Chair Yoga
- Mindful Hatha Yoga

[Project Healing Waters Fly Fishing](#)





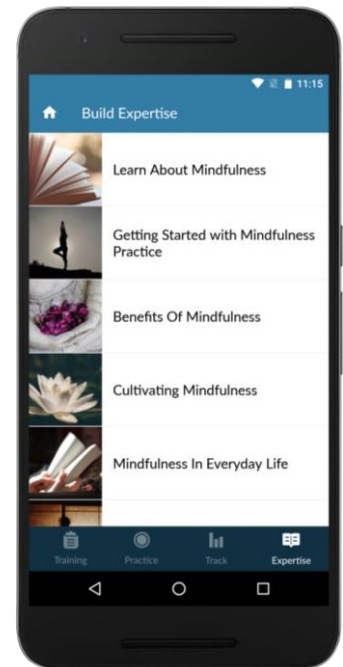
Phone Apps



[Mindfulness Coach](#)

Designed to help Veterans, service members and others learn how to practice mindfulness.

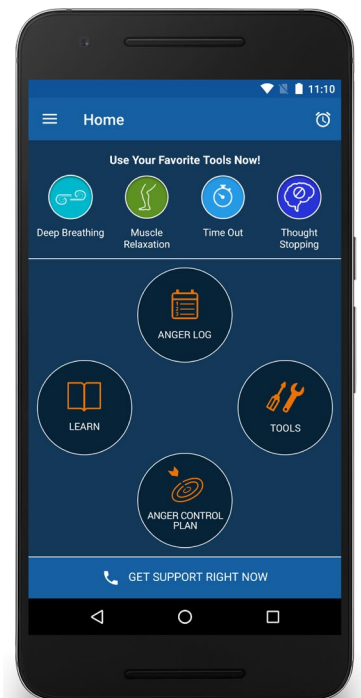
Mindfulness means paying attention, on purpose, to whatever is going on in the present moment without passing judgment on it.



[Anger and Irritability Management Skills \(AIMS\)](#)

The AIMS app is based on the [Anger and Irritability Management Skills](#) online self-help course and can help you cope with anger management problems.

Learn about anger, find support, and create an anger management plan.





RELATIONSHIP SKILLS

Learn how you and your family members can communicate and support one another better. See page on Manage Stress & Mood for additional resources. Contact social work, mental health and/or chaplain services at your local VA to learn more about what services are offered.

Online Resources

U.S. Department of Veterans Affairs

[Couples and Family](#)

[VA Caregiver Support](#)

[Intimate Partner Violence](#)

[Parenting for Service Members and Veterans](#)



Centers for Disease Control and Prevention: [Violence Prevention](#)

U.S. Department of Health and Human Services: [Relationships and Safety](#)

[National Domestic Violence Hotline](#)

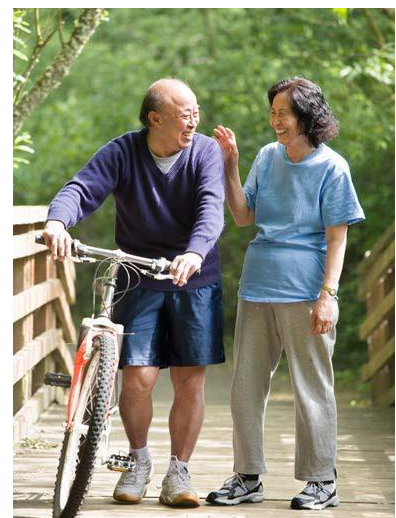
Videos

U.S. Department of Veterans Affairs, Make the Connection:

[Stephanie's Story](#)

[Taking the first step to improve relationships](#)

[VA Chaplain Services](#)





RELATIONSHIP SKILLS

Phone Apps

[Domestic Violence Prevention](#)



This app offers information on the prevention of domestic violence and child abuse. Learn about the signs and consequences of domestic violence and child abuse as well as ways to report abuse and get help.



GENERAL HEALTH EDUCATION

Online Resources

U.S. Department of Veterans Affairs

[Diseases & Conditions](#)

[Health Topics A to Z Index](#)

[Health & Wellness](#)

[Military Exposures](#)

[Your Dental Visit](#)

LGBT Care:

[LGBT Veteran Care](#)

[Resources](#)

[Organizations](#)



Centers for Disease Control and Prevention

[Dental Hygiene](#)

[Vision and Eye Health](#)

[Proper Hygiene Around Animals](#)

[Tickborne Diseases](#)





GENERAL HEALTH EDUCATION

Videos

U.S. Department of Veterans Affairs:

[Pharmacy How-to-Videos](#)

[How to Use the VA Intramuscular Naloxone Kit](#)

[How to Use Your Eye Drops and Ointments](#)

[How to Use Your Epinephrine Auto-Injector](#)

[How to Give Yourself an Intramuscular Injection](#)

[How to Give Yourself a Subcutaneous Injection](#)

[How to Use Your Metered Dose Inhaler](#)

[How to Use Your Twisthaler](#)

[How to Use Your Handihaler](#)

[How to Use Your Respimat
Inhaler](#)

[How to Use Your Nebulizer](#)





ADDITIONAL VA ONLINE RESOURCES

Use the additional [health support services](#) listed below to maintain your physical and mental wellness.

[Blind Rehabilitation](#)

Support for blind and low vision Veterans and their families

[Caregiver Support](#)

Support and services for those who care for Veterans

[National Chaplain Center](#)

Attending to the spiritual health needs of Veterans

[Community Living Centers](#)

Short- and long-stay nursing home care for medically and mentally stable Veterans

[Compensated Work Therapy](#)

A vocational rehabilitation program which helps match and support work ready Veterans in competitive jobs

[Dental Care](#)

Assists Veterans in understanding eligibility criteria for VA dental care

[Disease Prevention](#)

The National Center for Health Promotion and Disease Prevention for health promotion, disease prevention and health education for Veterans



ADDITIONAL VA ONLINE RESOURCES

[Fisher House](#)

A “home away from home” for families of patients receiving medical care at VA medical centers

[Geriatrics & Extended Care](#)

Geriatric and extended care services for Veterans including non-institutional and institutional options

[Homeless Services](#)

A variety of resources, programs and benefits to assist Veterans who are homeless

[Prosthetics and Sensory Aids](#)

Premier source of prosthetic and orthotic services, sensory aids, medical equipment, and support services for Veterans

[Vet Centers \(Readjustment Counseling\)](#)

Services for eligible Veterans and their families to aid their transition from military to civilian life

[Rural Health](#)

Improving access and quality of care for Veterans living in rural areas

[Substance Abuse Programs](#)

Treatments related to substance use, from unhealthy use to life-threatening addictions

[The Veterans Crisis Line \(Dial 1-800-273-8255 and Press 1\)](#)

A toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring VA responders



Healthy Living Resource Guide

THIS GUIDE WAS DEVELOPED BY
VA NORTHWEST HEALTH NETWORK'S
HEALTHY LIVING COMMITTEE



VA



U.S. Department
of Veterans Affairs