VA Northwest Health Network

Healthy Living Resource Guide

This resource guide lists online and phone app resources available to Veterans.

VA | U.S. Department of Veterans Affairs

Last updated by VA Northwest Health Network's
Health Education & Health Promotion Program
December 2017

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?

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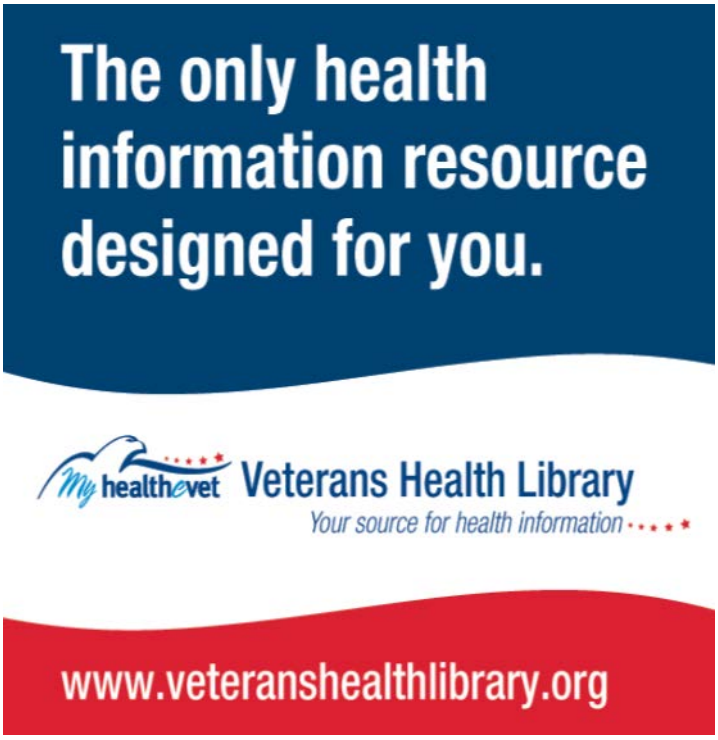
BE INVOLVED IN YOUR HEALTH CARE

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 Health***e***Vet 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 Health***e***Vet account to “Premium” which allows you to view parts of your VA medical record, lab results, VA appointments in addition to refilling and tracking your VA prescriptions. To learn more about how to get an upgraded account, contact the My Health***e***Vet National Help Desk: (877) 327-0022 or your local My Health***e***Vet Coordinator.

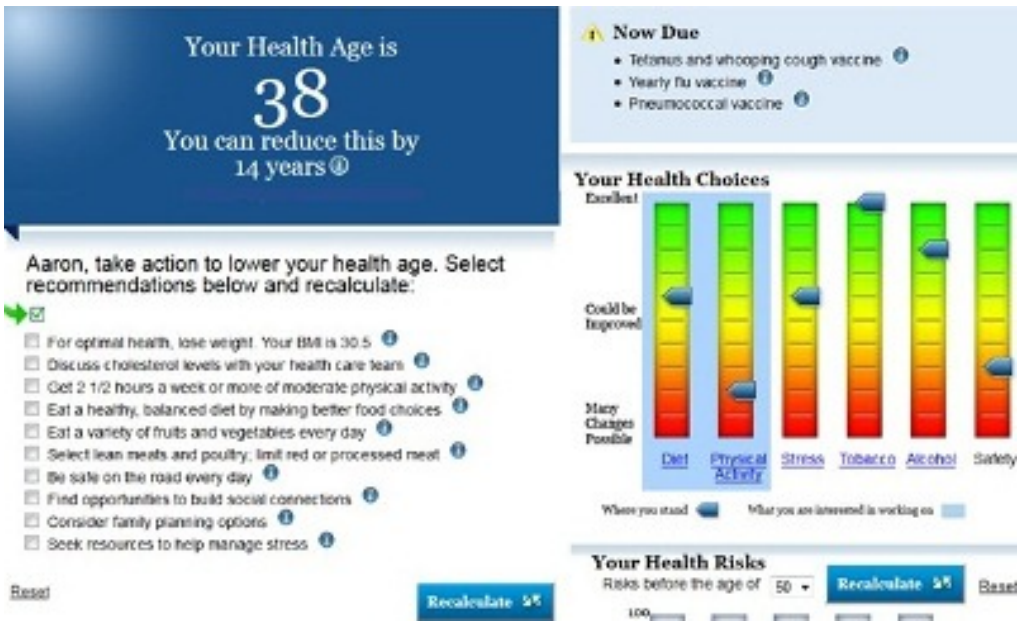
BE INVOLVED IN YOUR HEALTH CARE

HealtheLiving Assessment

Use this tool to help you understand your health habits and overall health. Answer a set of personalized, confidential questions. These questions include 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.

Video

What's Your Health Age



BE INVOLVED IN YOUR HEALTH CARE

VA Phone Apps

VA Launchpad for Veterans

VA Launchpad houses apps designed for your use that connect to VA's Electronic Health Record (EHR). By signing into the VA Launchpad once, you can access multiple VA Apps without logging in to each one individually.

Veteran Appointment Request App

You can request, schedule and cancel primary care and mental health appointments at VA facilities where you already receive care. (Not available in all areas yet.)

Summary of Care App

You can receive and view your VA medical information – including lab results, medications, allergies, and more.

Mobile Blue Button App

Allows you to access, print, download and store information from your VA Electronic Health Record (EHR).

BE INVOLVED IN YOUR HEALTH CARE

Annie App for Veterans

Short Message Service (SMS) text messaging capability that can send 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.

Wellness Check App

You can submit daily health and wellness check-ins for yourself and your family members to earn points and track your health over time.

Ask a Pharmacist App

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

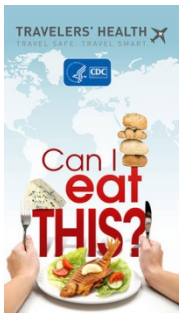
Centers for Disease Control Phone Apps

Health IQ App

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

TravWell App

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



Can I Eat This? App

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

Other Apps

USA.gov Phone Apps

BE INVOLVED IN YOUR HEALTH CARE

Online Resources

U.S. Department of Veterans Affairs

My Story: Personal Health Inventory

National Center for Health Promotion and Disease Prevention

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 Care Comes to Life Through Interactive Patient Care

RECOMMENDED SCREENINGS & IMMUNIZATIONS

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

Screening tests are used to look for health conditions before there are 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 designed to help you lose weight, keep it off and improve your health.

A self-management weight loss program that encourages healthy 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 Registered Dietitians, 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 MOVE11 Questionnaire. This will provide an assessment of your current eating and physical activity as well as 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

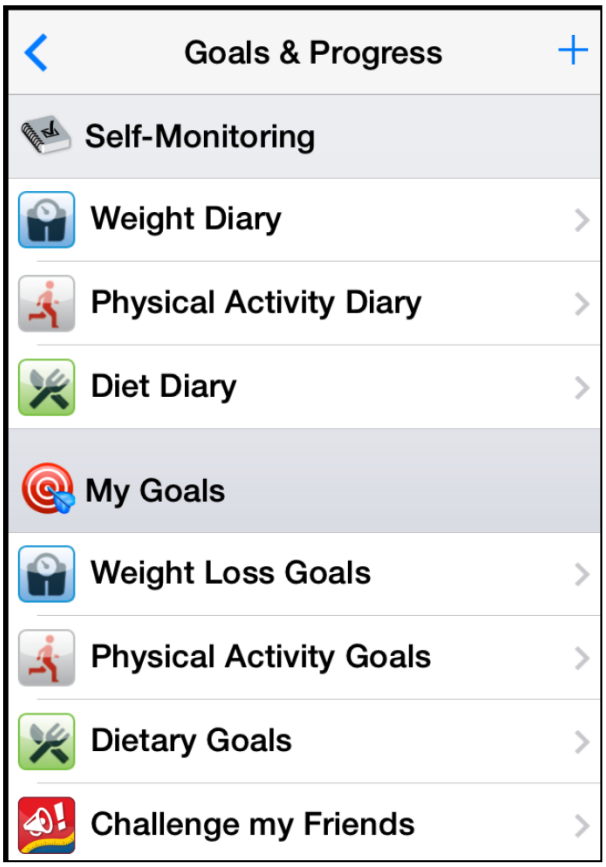
***RC: V53.402971S**

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!

MOVE! Coach App

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

STRIVE FOR A HEALTHY WEIGHT



Message and data rates may apply. Use Wi-Fi to avoid data usage. For use with iphones or ipads only at this time.

Features and Benefits

- Daily diaries to track weight, food and exercise.
- Personalized graphs to track weight loss, food intake, calories and activity.
- Educational videos, games and worksheets.
- Calculators to determine calories consumed and burned.
- 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: Healthy Weight

MOVE! Weight Management Program: Veteran Weight Loss Success Stories

U.S. Department of Health & Human Services

National Institutes of Health: Aim for a Healthy Weight

healthfinder.gov: Watch Your Weight

Centers for Disease Control and Prevention

Healthy Weight

United States Department of Agriculture

Choose My Plate: Weight Management

Food and Physical Activity Tracker

Blog

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

Phone App

BAM! Dining Decisions

Make smart food choices.

EAT WISELY

By eating wisely you will maximize your health. Look for a variety of foods including vegetables, fruits and whole grains. Include fat-free or low fat milk products in your diet 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

healthfinder.gov: Eat Healthy

USA.gov: Nutrition, feeding the family and safely preparing food

United States Department of Agriculture

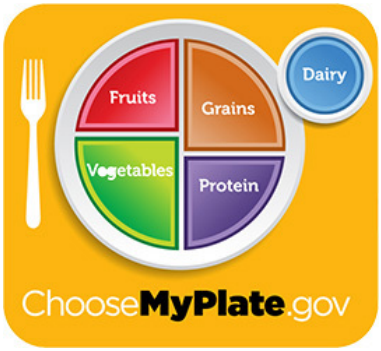
Food and Nutrition

Choose My Plate

Food and Physical Activity Tracker: SuperTracker

Produce for Better Health Foundation

Healthy Meal Planning and Seasonal Menu Ideas



EAT WISELY

Videos

United States Department of Agriculture

SuperTracker—Getting Started: How to create a profile

SuperTracker - Getting Started: How to get My Plan

Choose My Plate

Whole Grains for Breakfast

Whole Grains for Healthy Family Meals

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

What's Cooking: Recipes and create your own cookbook

ChooseMyPlate: Grocery Shopping and Sample Menus

Produce for Better Health Foundation

Fruit & Veggie Recipes

Ask Karen Food Safety and Storage to Prevent Food Poisoning

EAT WISELY

Cooking Videos

U.S. Department of Veterans Affairs

- Healthy Teaching Kitchen
- Farmer's Market Quesadilla
- Loaded Veggie Dip
- Spinach Smoothie
- Tomato Mozzarella Basil Snack
- Five-A-Day Green Smoothie
- Fiesta Black Bean Salad
- Spice Rub

U.S. Department of Health & Human Services: Healthy Eating Videos

United States Department of Agriculture

- Stuffed Bell Peppers
- Healthy Snack #1: Peanut Butter and Apple Wrap
- Healthy Snack #2: The Charger Wrap (chicken, veggie and cheese wrap)
- Healthy Lunch: Crunchy Hawaiian Chicken Wrap

BE PHYSICALLY ACTIVE

You can have more energy if you are active. Decrease your chances for depression, high blood sugar, heart disease, high blood pressure, obesity, stroke and some cancers.

Online Resources

U.S. Department of Veterans Affairs

National Center for Health Promotion and Disease Prevention:

Be Physically Active

Rehabilitation and Prosthetic Services: Recreation Therapy

VA Adaptive Sports Program

Golden Age Games

National Disabled Veterans Winter Sports Clinic

National Veterans Summer Sports Clinic

National Wheelchair Games

Valor Games

Public Health: Annual VA2K Walk and Roll

U.S. Department of Health and Human Services

National Institute on Aging: Exercise & Physical Activity

U.S. National Library of Medicine: Exercise for Seniors

BE PHYSICALLY ACTIVE

U.S. Department of Agriculture

Choose My Plate: Physical Activity

President's Council on Fitness, Sports and Nutrition

Be Active

The President's Challenge

Exercise Videos

U.S. Department of Veterans Affairs

MOVE! Playlist

Get Fit for Life

Gentle Yoga for Health

#1 Before You Begin

#2 Balance Practice & Strategy

#3 Head, Neck & Shoulders

#4 Hips, Low Back and Lower Legs

#5 Spine and Abdominal Strength

U.S. Department of Health and Human Services

National Institute on Aging: Go4Life Exercise DVD

Stretching Videos

Building Strength

Balance

BE PHYSICALLY ACTIVE

Centers for Disease Control and Prevention

Muscle Strengthening at Home and the Gym

Phone Apps

Centers for Disease Control and Prevention

CDC HEADS UP Concussion and Helmet Safety

Healthy Swimming

Tickborne Diseases

BE SAFE: PREVENT FALLS

Did you know there are practical steps you can take to be safe? It is important to be safe and protect yourself from falls. 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

Veterans Health Library: Preventing Falls: Make Your Health a Priority

Centers for Disease Control and Prevention:

Home and Recreational Safety: Older Adult Falls

National Institutes of Health: Falls and Older Adults

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

Injury Prevention & Control: Motorcycle Safety

Injury Prevention & Control: Bicycle Safety

Videos

Safe Driving PSA with Richard Petty

BE SAFE: SEXUALLY TRANSMITTED INFECTIONS

Did you know there are practical steps you can take to be safe? 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

- Healthfinder.gov: HIV and Other STDs

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 of tobacco.

Online Resources

U.S. Department of Veterans Affairs

Public Health: Tobacco and Health

National Center for Health Promotion and Disease Prevention:

Be Tobacco Free

MHV Healthy Living Center: Smoking and Tobacco Use Cessation

Veterans Health Library: Tobacco and Your Health

Centers for Disease Control and Prevention: Smokeless Products

National Institutes of Health: Quitting Smoking, Spit Tobacco: A Guide to Quitting, Smokeless Tobacco

U.S. Food and Drug Administration: Tobacco Health Information

U.S. Dept. of Health and Human Services: Tobacco Use, Smokeless Tobacco, BeTobaccoFree.gov, Smokefree.gov, Women.smokefree.gov

BE TOBACCO FREE

Smokefree Vet facebook support group

SmokefreeVet is a mobile text messaging service for military Veterans who receive their health care through VA. Text “Vet” to 47848 to sign up. SmokefreeVet is an automated text messaging service.

To speak with a smoking cessation counselor call 1-855-QUIT-VET.

For more information on VA’s smoking and tobacco cessation programs, visit: http://www.publichealth.va.gov/smoking/.

Message and data rates may apply.

Stay Quit Coach App

The Stay Quit Coach App was designed to help Veterans with Post-Traumatic Stress Disorder (PTSD) quit smoking. The app guides users in creating a tailored plan that takes into account their personal reasons for quitting. It provides information about smoking and quitting, interactive tools to help users cope with urges to smoke, and motivational messages and support contacts to help users stay smoke-free. This treatment is based on evidence-based clinical practices, and has been shown to double quit rates for Veterans with PTSD.

BE TOBACCO FREE

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

Get the Facts

National Institute on Alcohol Abuse and Alcoholism

Alcohol and Your Health, What is a Standard Drink?

How to Cut Down on Your Drinking

Mixing Alcohol with Medicines

Women and Drinking

National Institute on Drug Abuse

Alcohol, Effects and Trends

Substance Abuse and Mental Health Services Administration

Get the facts on alcohol and the impact it can have on you

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.

General Health Education

Online Resources

U.S. Department of Veterans Affairs

- Diseases & Conditions
- Health Topics A to Z Index
- Health and Wellness
- LGBT Veteran Care, Resources, Organizations
- Military Exposures
- Your Dental Visit

Centers for Disease Control and Prevention

- Dental Hygiene
- Vision and Eye Health
- Proper Hygiene Around Animals

GENERAL HEALTH EDUCATION

Videos

U.S. Department of Veterans Affairs: Pharmacy How-to-Videos

- 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 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 Nebulizer
- How to Use the VA Intramuscular Naloxone Kit

DIABETES

The ABCs of becoming a better self-manager: Know more and do more!

Online Resources

U.S. Department of Veterans Affairs

- Diabetes Mellitus: Self-Care Skills
- MyHealtheVet
  - Living Well with Diabetes
  - How to Prevent Diabetic Foot Problems
  - Diabetic Neuropathy and Your Feet
- Nutrition and Food Services: Diabetes Information
- Public Health: Diabetes Mellitus Type 2 and Agent Orange
- Veterans Health Library
  - Diabetes and Alcohol Consumption
  - Diabetes and Periodontal Disease
  - Living Well with Type 2 Diabetes™
  - Diabetic Retinopathy
  - Understanding Carbohydrates

National Institute of Diabetes and Digestive and Kidney Diseases

- Health Topics
- Living with Diabetes

National Institutes of Health- Medline Plus: Diabetes, HbA1c

Centers for Disease Control and Prevention: Basics of Diabetes

DIABETES

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 (types, screenings, etc.)

National Institutes of Health: National Cancer Institute

Centers for Disease Control and Prevention

Cancer Prevention and Control— Screening

A - Z Index

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 (longterm RCT followup)

CANCER

Veterans Health Library

- Breast Biopsy
- Breast Cancer Screening
- Colon Cancer Screening
- Melanoma Screening (Skin Cancer)
- Testicular Cancer Screening

SLEEP IMPROVEMENT

Feeling sleepy all day? Talking to your doctor about sleep problems is important to find out what will work best for you. Some people need more help to sleep better and feel rested. Once you know the cause of your sleep problems, you can work with your healthcare team to find out what will work best for you. Here are some common sleep problems:

Snoring and Sleep Apnea

Restless Leg Syndrome

Insomnia

Check out the Veterans Health Library for sleep tips that anyone can try.

Online Resources

U.S. DEPARTMENT OF VETERANS AFFAIRS

Healthy Living Centers: Healthy Sleep

Well-Being: Sleep Well

National Institute on Aging: A Good Night's Sleep

Centers for Disease Control and Prevention: About Sleep

Videos

Make the Connection:

Taking steps for better sleep

Veterans find solutions for better sleep

SLEEP IMPROVEMENT

Phone App

CBT-I Coach

Designed for Veterans who have difficulty sleeping. Features sleep education, interactive sleep diary, tools to improve sleep, including relaxation exercises and customizable reminders.

PAIN MANAGEMENT

Dealing with pain: When you are in pain it really helps to take good care of yourself. In pain classes, you will learn about things you can do that have been shown to make it easier for you to do the things you enjoy. Learn about the truths and myths of chronic pain and what you can do to deal with pain and feel better.

Online Resources

U.S. Department of Veterans Affairs

Make the Connection: Chronic Pain

Veteran stories, videos, signs/symptoms, and treatment options

National Center for PTSD: Chronic Pain and PTSD

Real Warriors: Four Tips for Managing Chronic Pain

Veterans Health Library:

Understanding Chronic Pain

Managing Chronic Pain: Therapies for Mind and Body

Complementary Care for Pain

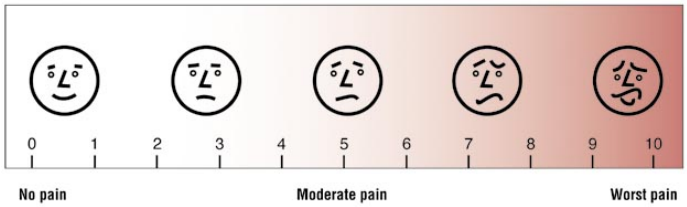
Managing Chronic Pain: Activity

Communicating About Pain

Common Myths About Pain Medications

National Institute of Mental Health: Depression and Chronic Pain

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)

Centers for Disease Control and Prevention

National Institute on Aging

Alzheimer's Disease Education and Referral Center

National Institute of Health

Know Stroke: Know the Signs. Act in Time.

National Institute on Neurological Disorders and Stroke

Disorders

Centers for Disease Control and Prevention

Stroke

Dementia / Alzheimer's Disease

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 on symptoms and measure vital signs (pulse, weight, temperature, etc.) in the 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.

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 healthy.

Online Resources

U.S. Department of Veterans Affairs

Women Veterans Health Care
Implementing positive changes in the provision of care for all women Veterans

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
Free online treatment program for postpartum depression

Center for Women Veterans (CWV)

1.855.VA.WOMEN
WOMEN VETERANS
CALL CENTER

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

MANAGE STRESS & MOOD

Discover new ways to deal better with stress and low mood. Ask your local VA if there are any classes available at a facility near you.

Online Resources

U.S. Department of Veterans Affairs: Mental Health

- Prevent Self-Harm
- Anger and Irritability Management Skills
- Moving Forward: Overcoming Life's Challenges
- PTSD Coach Online
- Military Sexual Trauma
- STAR Well-Kit: Tools for Healing
  This is a web-based toolkit for you to learn about wellness practices and Integrative Medicine.

National Institute of Mental Health

Substance Abuse and Mental Health

Veterans Crisis Line
1-800-273-8255 PRESS 1

MANAGE STRESS & MOOD

Videos

U.S. Department of Veterans Affairs

The War Related Illness & Injury Study Center- See how Veterans have been helped with different tools and techniques they have learned. Includes:

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

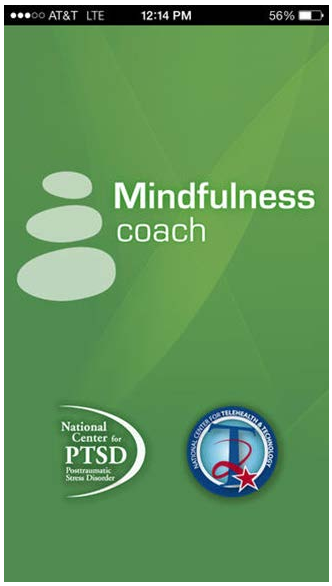
Project Healing Waters Fly Fishing

Phone Apps

Mindfulness Coach App

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.



MANAGE STRESS & MOOD

Moving Forward App

Access on-the-go tools and learn problem solving skills to overcome obstacles and deal with stress.

Helpful in managing challenges such as: returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries.

Use alone or in combination with the free Moving Forward online course (www.veterantraining.va.gov/movingforward/).

Breathe2Relax App

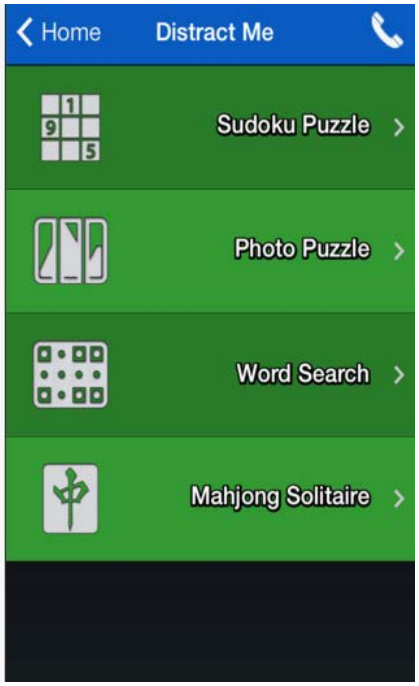
Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises can decrease the bodies stress response and help with mood stabilization, anger control and anxiety management.

Virtual Hope Box (VHB) App

The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Veterans and providers can work together to personalize the VHB content on the Veteran's own smartphone according to their specific needs.

MANAGE STRESS & MOOD

Veterans can use the VHB to store content that they find personally supportive in times of need. For example, a Veteran can include family photos, videos and recorded messages from loved ones, inspirational quotes, music they find especially soothing, reminders of previous successes, positive life experiences, future aspirations and affirmations of their worth. A Veteran can also collaborate with their provider to create coping cards to use in response to personal problem areas they experience. Finally, the VHB provides the Veteran with positive activity planning, distraction tools, and interactive relaxation exercises including guided imagery, controlled breathing and muscle relaxation.



RELATIONSHIP SKILLS

Learn how you and your family members can communicate and support one another better. See page on Manage Stress and 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

- Family and Couples, Parenting
- Parenting Education
- Caregiver Support

Centers for Disease Control and Prevention:

- Injury Prevention & Control: Division of Violence Prevention

U.S. Department of Health and Human Services: WomensHealth.gov

Videos

U.S. Department of Veterans Affairs

- Vet Center Resource
- Make the Connection: Stephanie's Story
- Veterans on taking steps to improve relationships
- VA Chaplain Services

RELATIONSHIP SKILLS

Phone Apps

Parenting2Go - helps Veterans reconnect with their children and provides tools to strengthen parenting skills. Find quick parenting advice, relaxation tools and improving positive communication.

Domestic Violence Prevention - access to both training and resources. Emergency contact numbers and websites for agencies.

ADDITIONAL VA ONLINE RESOURCES

Use the health support services listed below to maintain your physical and mental wellness.

Blind Rehabilitation
Support for blind and low vision Veterans and their families

Caregivers/Caregiving
Support and services for those who care for Veterans

Chaplain
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 (Vocational Rehab)
A program which helps match and support work ready Veterans in competitive jobs

Dental Care Benefits
Assists Veterans in understanding eligibility criteria for VA dental care

Disease Prevention
Health promotion, disease prevention, and health education for our nation's Veterans

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

ADDITIONAL VA ONLINE RESOURCES

Homeless Services
VA offers 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

Readjustment Counseling (Vet Centers)
Offers services to 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

THIS BROCHURE WAS DEVELOPED BY

VA NORTHWEST HEALTH'S HEALTH EDUCATION AND

HEALTH PROMOTION PROGRAM COMMITTEE

VA NW Health Network

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