

GENERAL HEALTH

VA provides a full spectrum of comprehensive health care services with primary and preventative care. Some services provided include:

- Comprehensive primary care
- Immunizations and vaccinations
- Breast and cervical cancer screening
- Colon, skin, and lung cancer screening
- General health screenings like blood pressure, cholesterol
- Screening and management of diabetes
- Assessment and management of cardiovascular disease
- Screening, prevention, and management of osteoporosis
- Screening and management of thyroid disease
- Management of musculoskeletal conditions and chronic pain
- Geriatric care including memory testing and dementia management
- Depression, PTSD and Military Sexual Trauma (MST) screening, counseling, and therapy
- Intimate partner violence screening, counseling, and support
- Tobacco use screening and management

VA also provides specialty care including medical specialties such as oncology, rheumatology, cardiology, endocrinology, and more, as well as surgical specialties including plastics, gynecology, orthopedics. At VA, you also have access to the full spectrum mental health care, physical and occupational therapy.

Support services including radiology, library, prosthetics, social work, Chaplains, and pharmacy support are also provided through VA and community care.

Women Veterans Call Center

The Women Veterans Call Center (WVCC) is your guide to VA. All calls are answered by women, many of whom are Veterans themselves, who will help you navigate VA, answer your questions about VA services and benefits available to you, and connect you with the Women Veterans Program Manager at your local VA medical center. This service is free, and you can call as many times as you need.

Call or text us at 855-VA-WOMEN (855-829-6636). WVCC representatives are available Monday - Friday, 8:00 a.m. to 10:00 p.m. ET, and Saturday, 8:00 a.m. to 6:30 p.m. ET. You can also chat with us online and learn more by visiting <https://www.womenshealth.va.gov>



WOMEN VETERANS CALL CENTER
855.VA.WOMEN

Am I Eligible for VA Health Care?

Everyone's situation is unique and so is their eligibility. To find out if you are eligible to enroll, visit <https://www.va.gov/health-care/eligibility>

Apply Online or By Mail

Go to <https://www.va.gov/health-care/how-to-apply>

Apply in Person

Visit the nearest VA medical center or clinic. You can locate your nearest VA health facility at <https://www.va.gov/find-locations>

Apply by Phone

To apply for VA benefits you may have earned—such as preventative care, inpatient and urgent care services—call 1-877-222-8387

Monday–Friday, 8 a.m.–8 p.m. ET.
Veterans Benefits Administration 1-800-827-1000
www.vba.va.gov

WOMEN VETERANS HEALTH CARE

GENERAL HEALTH SERVICES

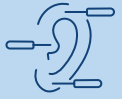


VA



U.S. Department
of Veterans Affairs

WOMEN VETERANS HEALTH CARE



You are welcome and belong at VA. Your women's health care team is here to help you stay well in all stages of your life.

Your VA health care providers work with you to create an individual care plan based on your values, needs, and goals. VA offers a personalized, proactive, and patient-driven system of care. This care plan can include whole health approaches like mindfulness and nutrition as well as traditional health care.



As a women Veteran, you can receive care through telehealth and in office appointments. There are many ways you can coordinate your care. At VA, we encourage you to work with:

- Women's Health Primary Care Providers, who are providers trained in general primary care as well as gender-specific care such as breast health and reproductive care. You can ask to be assigned to one at VA
- Patient Aligned Care Team, a team of medical professionals who can help coordinate VA's services and offerings to align with your personal health plans and goals
- Women Health Care Coordinators, specially trained women's health professionals who can help coordinate care and services specific to women Veterans

REPRODUCTIVE HEALTH

In addition to general health services, you also have access to gender-specific, reproductive health services, including:

- Birth control and family planning counselling
- Lactation and breastfeeding support
- Fertility evaluation and treatment (for those who are eligible)
- Maternity care
- Menopause management
- Pre-pregnancy (Pre-conception) health
- Sexual health, including sexually transmitted infection (STI) testing and treatment

MENTAL HEALTH

At VA, you will have access to a Women's Mental Health Champion, who is a mental health clinician with specific training, interest, and expertise in women Veterans' mental health. Many Veterans find support and community in VA group counseling sessions. Some facilities have group counseling specifically for women Veterans.

We also offer evaluation, counseling, and treatment for:

- Stress adjustment from deployment
- Depression, mood, and anxiety disorders
- Alcohol, drug or other substance use disorders
- Coping with illness
- Disordered eating
- Military sexual trauma (MST)
- Parenting and caregiver concerns
- Post-partum depression
- Posttraumatic stress disorder (PTSD)
- Psychiatric conditions including Schizophrenia

WHOLE HEALTH AND WELLBEING PROGRAMS

VA offers a variety of complementary and integrated health practices such as:

- Mindfulness
- Tai chi and yoga
- Acupuncture
- Art, music, and equine therapy
- Nutrition and weight management
- Peer support and community resources
- Drug, alcohol, and smoking cessation support services
- Sleep therapies
- Physical therapy and chiropractic services

