



***“As an Army Veteran and VA nurse,  
I encourage you to know your numbers.”***

*– Beverly Buchanan, National Spokesperson for the  
American Heart Association’s Go Red For Women® Movement*

Talk to your provider about blood  
pressure, cholesterol, blood sugar  
and BMI (body mass index).

**Your heart depends on it.**



™ Go Red trademark of the AHA, Red Dress trademark of the DHHS.

**Women Veterans Health Care**

*#womenVets*

[www.womenshealth.va.gov](http://www.womenshealth.va.gov)

**VA**



U.S. Department  
of Veterans Affairs