



***“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

VA



U.S. Department
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