



### BASIC ELIGIBILITY

If you served in the active military service and were discharged or released under conditions other than dishonorable, you may qualify for VA health care benefits.

Enroll in the nation's largest integrated health system and get care that is personalized, proactive, and patient-driven.

### APPLY ONLINE OR BY MAIL

Go to <https://explore.va.gov/health-care>

### APPLY IN PERSON

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

### APPLY BY PHONE

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](http://www.vba.va.gov)

### WOMEN VETERANS CALL CENTER

The Women Veterans Call Center staff is trained to connect women Veterans, their families, and caregivers with VA services and resources, as well as answer questions about Veteran status, Veteran ID cards, and benefits.



## 1.855.VA.WOMEN WOMEN VETERANS CALL CENTER

The Call Center is available  
Monday-Friday, 8 a.m.-10 p.m. ET  
and Saturdays, 8 a.m.-6:30 p.m. ET.

1-855-829-6636

### CONNECT WITH US



[www.facebook.com/VeteransHealth](http://www.facebook.com/VeteransHealth)



<https://twitter.com/VeteransHealth>

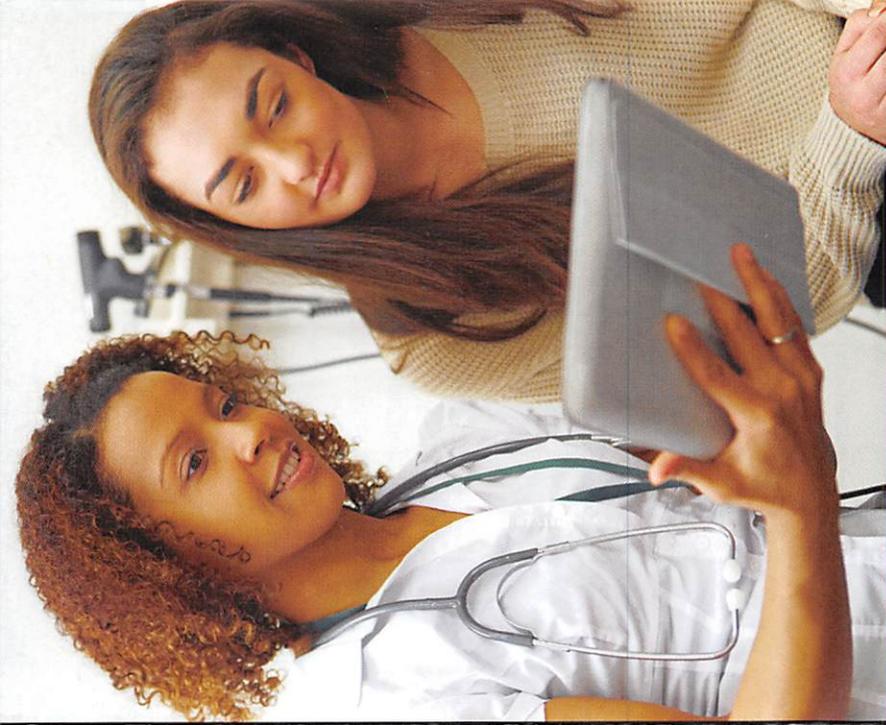


[www.blogs.va.gov](http://www.blogs.va.gov)

Women's Health Services  
Veterans Health Administration  
Department of Veterans Affairs  
810 Vermont Avenue NW  
Washington, DC 20420

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

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# WOMEN VETERANS HEALTH CARE

FOR WOMEN VETERANS, VA IS HERE.



# VA

U.S. Department  
of Veterans Affairs



# WHOLE HEALTH CARE STARTS HERE

## ★ WHOLE HEALTH – IT’S ALL ABOUT YOU

VA’s Whole Health System offers women Veterans proactive and personalized health care—empowering you to achieve your greatest level of health and well-being.

Whole Health means the Whole You. From integrative health approaches like stress reduction, nutrition, and health coaching, to traditional clinical care and complementary health approaches—*your journey to Whole Health starts here.*

## ★ WELL-BEING PROGRAMS

Proactive, integrative health approaches such as:

- Health coaching
- Mind-body therapies and stress reduction
- Mindfulness
- Nutrition and weight management
- Peer support and community resources
- Programs to stop smoking
- Physical therapy and chiropractic services



## ★ GENERAL HEALTH

**You will be at the center of a Patient Aligned Care Team (PACT). A provider, nurse, and others will engage with you to manage your health care.**

- Primary care: includes general medical care for acute and chronic conditions, such as chronic pain, high blood pressure, and diabetes
- Preventive care: includes immunizations and cancer screenings, such as mammogram, Pap, and colonoscopy
- Gender-specific care
- Birth control
- Family planning and preconception counseling
- Maternity and newborn care (first 7 days after birth)
- Menopause care
- Osteoporosis screening and management

## ★ GYNECOLOGY HEALTH SERVICES

Evaluation and treatment for:

- Abnormal Pap test
- Abnormal uterine bleeding
- Infertility
- Pelvic pain
- Gynecologic cancers

## ★ MENTAL HEALTH

Evaluation, counseling, and treatment for:

- Depression, mood, and anxiety disorders
- Alcohol and drug use and addiction
- Coping with illness
- Intimate partner violence/sexual and domestic abuse
- Military sexual trauma (MST)
- Parenting and caregiver concerns
- Posttraumatic stress disorder (PTSD)
- Stress adjustment from deployment

## ★ SPECIALTY CARE

- Management of chronic or complex conditions, including heart disease, diabetes, cancer, and fibromyalgia, as well as HIV/AIDS and hepatitis
- Surgery programs available at most Medical Centers
- Rehabilitation, homebound, and long-term care

VA referrals are given to those in need of rehabilitation therapies, such as physical therapy, occupational therapy, speech-language therapy, exercise therapy, recreational therapy, and vocational therapy.

## FOR WOMEN VETERANS, VA IS HERE

Women Veteran Program Managers are available at each VA Medical Center nationwide to assist women Veterans and coordinate services. Women Veterans who are interested in receiving care at VA should contact the nearest VA Medical Center.

Women Veterans are assigned to a designated Women’s Health Primary Care Provider who can provide general primary care and is specially trained or experienced in women’s care.

