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VA | U.S. Department of Veterans Affairs



2026 PLANNER

A Healthy You

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YOUR Whole Health

DISCOVER WHAT MATTERS
Live Whole Health.

Whole health is an approach that focuses on what matters most to you, as a Veteran. It's meant to change the conversation from "What's the matter?" to "What matters to you?" It puts you – not an illness – at the center of care.

First, consider what you want from your health and why. Setting your health goals may not be a simple task, but it is an important part of reaching your full potential.

Download the Whole Health App.
Fill out your Personal Health Inventory, set goals, and learn more about Whole Health.

The Circle of Health

The components of the Circle of Health diagram below help you think about your whole health. All the areas in the circle are important, and they are all connected. Improving one area can benefit other areas in your life and influence your overall physical, emotional, and mental health and well-being.

Me

The inner circle represents you, your values, and what really matters to you. Being in a state of mindful awareness helps you see what matters to you.

Professional Care

The next ring represents the professional care you receive, including tests, medications, supplements, surgeries, examinations, treatments, and counseling. This also includes complementary approaches such as acupuncture and mind-body therapies.

Self Care

The next circle represents your self-care. These are the circumstances and choices you make in your everyday life. The areas of self-care include your surroundings, diet, personal development, and friends and family, amongst others.

Community

The outer ring represents the people and groups to whom you are connected.



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What Matters Most to You?

What are the biggest priorities in your life? Is it your health, relationships, personal growth, career, or something else? When you think about these priorities, ask yourself if you are doing everything you can to achieve these goals.

Instead of focusing on the challenges in your life, think about what encourages you to work through those obstacles. For example, what drives you to stick with your rehabilitation, to watch what you eat, or to seek help for issues you are facing?

Remember, small steps every day can add up to big improvements. Stay dedicated to your wellness journey!

Your Personal Health Inventory

The Personal Health Inventory (PHI) is a self-assessment tool to help you explore and document your values and what matters most to you in life.

Rate where you feel you are on the scales below from 1-5, with 1 being **NOT SO GOOD** and 5 being **GREAT**.

PHYSICAL WELL-BEING

1 2 3 4 5

NOT SO GOOD — GREAT

MENTAL/EMOTIONAL WELL-BEING

1 2 3 4 5

NOT SO GOOD — GREAT

LIFE: HOW IS IT TO LIVE YOUR DAY-TO-DAY LIFE?

1 2 3 4 5

NOT SO GOOD — GREAT

For more on PHI, scan the QR code.

MY TOP 3 HEALTH GOALS FOR 2026:

1

2

3

#LiveWholeHealth

VA's #LiveWholeHealth is an ongoing series that offers health and wellness news and resources every week. Topics include meditation, intentional living, healthy cooking, gentle fitness, and more. **Scan the QR code to learn more!**



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Build a Strong Foundation

Healthy living starts with you – the "Me" at the center of the Circle of Health. Say to yourself: "I am the expert on my life, values, goals, and priorities. Only I can know WHY I want to prioritize my health." Your whole health begins with what matters to you and what works best in your life. Below are some of the building blocks of health and well-being. Using the boxes on the right, check off (✓) the wellness categories that you would like to work on in 2026.

EXERCISE
No matter your age or body type, you can benefit from even small amounts of physical activity. Choose activities you enjoy. ☐

DIET
What you eat and drink can have a huge effect on your life. Eat a variety of foods and limit salt, fat, and sugar. ☐

DAILY HABITS
Your daily choices can impact your health. Unhealthy habits, such as smoking, drug abuse, and excessive drinking, can cause illness and reduce your quality of life over time. ☐

MENTAL STRENGTH
Thoughts are powerful and can affect your physical, mental, and emotional health. Many times, healing can result from changing your mindset. ☐

SOCIAL CONNECTIONS
Relationships, including those with pets, and connection with others have a significant impact on physical and emotional health. ☐

BODY RECHARGE
Get enough rest, relaxation, and sleep to boost your physical, mental, and emotional health. ☐

PREVENTIVE HEALTH
Stay up to date on health screenings, checkups, and vaccinations to identify potential health risks early and promote peace of mind. ☐

PERSONAL GROWTH
Achieve personal growth by setting goals and embracing challenges. This will help you become self-aware, resilient, and emotionally healthy. ☐

HEART & SOUL
Nurturing your heart and soul promotes emotional balance, reduces stress, strengthens relationships, and builds resilience for overall well-being. ☐

GENERAL HEALTH CARE
Stay on top of your general health, especially during specific times of the year such as the cold winter months when illness is common. Get your flu shot, wash your hands often, and see a doctor when needed. ☐

January 2026

Record Minutes Exercised · Record Blood Pressure · Record Blood Sugar · Weekly Weigh-in

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MONTHLY OBSERVANCES » National Glaucoma Awareness Month » Thyroid Awareness Month » Cervical Health Awareness Month		30	31	1 NEW YEAR'S DAY VA CLINICS CLOSED	2	3 ⚖ _____
4	5	6	7	8	9	10 ⚖ _____
11	12	13	14	15	16	17 ⚖ _____
18	19 MARTIN LUTHER KING DAY VA CLINICS CLOSED	20	21	22	23	24 ⚖ _____
25	26	27	28	29	30	31 ⚖ _____

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Take Health to Heart

Heart disease is the leading cause of death in Americans. Several health conditions, as well as lifestyle, age, and family history, can increase your risk for heart disease.

Know the Warning Signs!

Heart Attack

- Chest discomfort
- Pain/discomfort in one or both arms, back, neck, jaw, or stomach
- Shortness of breath
- Nausea, light-headedness, cold sweat

Cardiac Arrest

- Sudden loss of responsiveness
- No normal breathing (no normal breaths when head is tilted up for at least 5 seconds)

Stroke

- Face drooping
- Arm weakness
- Speech difficulty

If these signs are present, call 911!

Control what you can to manage your risk of heart disease:

- Maintain a normal blood pressure with lifestyle changes or medicine.
- Eat a low-fat diet and get your cholesterol levels checked regularly.
- Quit smoking.
- Engage in regular physical activity to lower your risk for heart disease.



February 2026

Record Minutes Exercised | Record Blood Pressure | Record Blood Sugar | Weekly Weigh-in

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 _____
8	9	10	11	12	13	14 _____
15	16 WASHINGTON'S BIRTHDAY VA CLINICS CLOSED	17	18	19 GREAT AMERICAN SPIT OUT	20	21 _____
22	23	24	25	26	27	28 _____
1	2	3	4	5	MONTHLY OBSERVANCES » American Heart Month » National Children's Dental Health Month	

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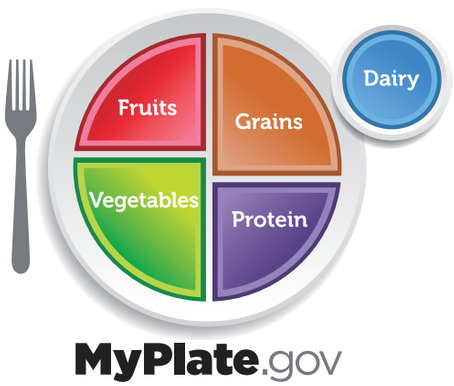
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Make Smart Food Choices

There's no denying that a healthy diet promotes good health and well-being. Eating right provides essential nutrients that fuel the body, boost energy levels, and reduce the risk for chronic diseases, such as diabetes and heart disease. Making smart food choices can improve your overall quality of life.

Try these smart eating tips:

- Eat a variety of fruits and vegetables every day.
- Choose whole grains to increase fiber intake and promote digestive health.
- Include lean proteins such as fish, poultry, beans, and tofu.
- Limit processed foods and sugary snacks and beverages.
- Practice portion control to manage calorie intake and maintain a healthy weight.
- Plan and prepare meals ahead of time to avoid relying on fast food or unhealthy convenience options.
- Listen to your body's hunger and fullness cues to avoid overeating and promote mindful eating habits.
- Enjoy treats occasionally instead of every day.
- Balance your diet with a mix of nutrient-dense foods from all food groups.



Are You Drinking Enough Water?
Males age 19+: 13 cups/day (104 oz)
Females age 19+: 9 cups/day (72 oz)

Subscribe to VA's Fresh Focus podcast
to learn more about nutrition and your health!
https://freshfocus.transistor.fm/episodes



March 2026

Record Minutes Exercised | Record Blood Pressure | Record Blood Sugar | Weekly Weigh-in

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 ⚖ _____
8	9	10	11	12	13	14 ⚖ _____
15	16	17	18	19	20	21 ⚖ _____
22	23	24	25	26	27	28 ⚖ _____
29	30	31	1	2	MONTHLY OBSERVANCES » Brain Injury Awareness Month » National Nutrition Month » National Kidney Month » National Colorectal Cancer Awareness Month	

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Adopt Healthy Habits

Incorporating healthy habits into your lifestyle can help you live longer and stronger. In addition to eating well and staying active, eliminating unhealthy, addictive habits from your daily life, such as drinking and smoking, play a huge role in improving your overall well-being.

Tips to quit smoking:

- Set a quit date.
- Avoid your smoking triggers (e.g., stress, social situations).
- Get help from friends, family, or a support group.
- Replace smoking habits with healthier alternatives (e.g., chewing gum, taking deep breaths).
- Stay active to reduce stress and distract you from cravings.
- Seek professional help (e.g., medications, nicotine replacement therapy).
- Celebrate milestones along the way to stay motivated.

I WILL START MY QUIT JOURNEY ON: _____

Download the
Stay Quit Coach App.
Create a plan and get coping tools, motivational messages, and support to quit smoking.

Tips to cut back on alcohol:

- Set a limit on how many days a week you will drink and how many drinks you will have.
- Avoid your drinking triggers (e.g., certain people or activities).
- Ask for support from a friend, family member, or health care provider.
- Join a support group.
- Post sticky notes around your home with motivational messages.

I WILL ONLY HAVE _____ DRINKS, _____ TIMES A WEEK.

Download the
VetChange App.
Develop healthier drinking habits using motivational tools, stress management techniques, and other support resources.

OPIOIDS & YOUR HEALTH
VA is committed to promoting the safe and responsible use of opioids. Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. If you think you might be struggling with opioid addiction, call: **988 (press 1)**

April 2026

Record Minutes Exercised | Record Blood Pressure | Record Blood Sugar | Weekly Weigh-in

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4 ⚖ ____
5	6	7	8	9	10	11 ⚖ ____
12	13	14	15	16	17	18 ⚖ ____
19	20	21	22	23	24	25 ⚖ ____
26	27	28	29	30		

MONTHLY OBSERVANCES

- Alcohol Awareness Month
- Sexual Assault Awareness and Prevention Month
- National Child Abuse Prevention Month
- Limb Loss and Limb Difference Awareness Month

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Spring Into Fitness

Move your fitness routine outside! The Physical Activity Guidelines for Americans recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity each week. Following these guidelines can boost your fitness levels and decrease your risk for chronic diseases, such as heart disease, cancer, or diabetes.

Get fit in the fresh air!

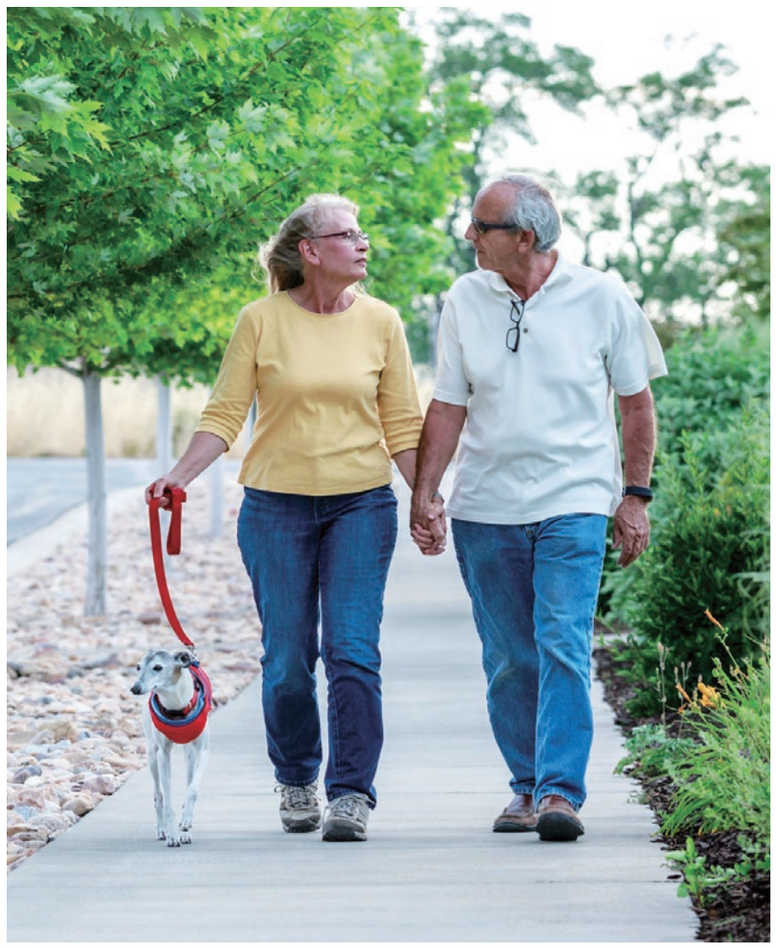
Here are some fun physical activities to enjoy in the sunshine:

- Walking
- Jogging
- Biking
- Hiking
- Yoga
- Swimming
- Rollerblading
- Golfing
- Gardening
- Walking the dog

DID YOU KNOW?

According to the Centers for Disease Control and Prevention (CDC), getting enough physical activity could prevent:

- **1 in 8 cases of breast cancer**
- **1 in 8 cases of colorectal cancer**
- **1 in 12 cases of diabetes**
- **1 in 15 cases of heart disease**



Download the
MOVE! Coach App.
Monitor, track, and get feedback on your progress with weight, diet, and exercise goals.

May 2026

Record Minutes Exercised | Record Blood Pressure | Record Blood Sugar | Weekly Weigh-in

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MONTHLY OBSERVANCES » National Stroke Awareness Month » National Nurses Week (6-12) » National Women's Health Week (10-16) » Arthritis Awareness Month » Mental Health Awareness Month		28	29	30	1	2 _____
3	4	5	6	7	8	9 _____
10	11	12	13	14	15	16 _____
17	18	19	20	21	22	23 _____
24 31	25 MEMORIAL DAY VA CLINICS CLOSED	26	27	28	29	30 _____

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Take Mindful Moments

Mindfulness means paying attention to what is going on in the present moment, without passing judgment on it. Mindfulness:

- Reduces stress.
- Improves emotional balance.
- Increases self-awareness.
- Helps with anxiety and depression.
- Helps you cope with chronic pain.



Mindful Meditation Exercise

Practice mindfulness when you need to take a breath or refocus your thoughts.

1. Go to a quiet place where you will not be disturbed.
2. Decide how long you want to practice (e.g., 2 or 5 minutes?) and set a timer.
3. Sit comfortably in a chair or on a cushion.
4. Close your eyes and turn your attention inward.
5. Focus on your breathing.
6. If your attention wanders, refocus on your breathing.
7. Continue to focus on your breath.
8. When the timer sounds, slowly open your eyes.
9. Think about your experience. How did it feel to focus on breathing? Do you feel calmer and more centered?

Listen to the
Military Meditation Coach podcast
Learn and practice meditation techniques designed for the military and Veteran community.

Download the
Mindfulness Coach App.
Access on-the-go tools and learn mindfulness skills to overcome obstacles and deal with stress.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6 ⚖ _____
7	8	9	10	11	12	13 ⚖ _____
14 U.S. ARMY BIRTHDAY	15	16	17	18	19 JUNETEENTH VA CLINICS CLOSED	20 ⚖ _____
21	22	23	24	25	26	27 ⚖ _____
28	29	30	1	2	MONTHLY OBSERVANCES » National Safety Month » Men's Health Month » PTSD Awareness Month	

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Meaningful Connections Matter

Meaningful social connections are important in life. Bonding with friends and family, and even creating new friendships, enhances mental and emotional wellness. These connections provide a support network that can uplift you during challenging times and celebrate with you during moments of joy and triumph.

Think about your current relationships:

Who are the 5 people who matter most to me?

Who can I count on when I need help?



Tips for forming new connections:

- Volunteer.
- Find local services in your community.
- Join online and community-based support groups.
- Join a religious or spiritual community.
- Adopt a pet.
- Attend a local sporting event or art performance.
- Help organize community events by joining a committee or board.
- Attend important community events such as civic celebrations or fundraisers.
- Take a course, or join a hobby or interest group.

Download the
Couples Coach App.
Improve your relationship with your partner and explore new ways to connect.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MONTHLY OBSERVANCES » Juvenile Arthritis Awareness Month		30	1	2	3 INDEPENDENCE DAY (OBSERVED) VA CLINICS CLOSED	4 _____ INDEPENDENCE DAY
5	6	7	8	9	10	11 _____
12	13	14	15	16	17	18 _____
19	20	21	22	23	24	25 _____
26	27	28	29	30	31	1

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Sleep Soundly

Sleep is just as important for your health as diet and exercise. People who do not sleep enough or wake up often during the night may have a higher risk for:

- Heart disease.
- High blood pressure.
- Obesity.
- Stroke.

Tips for a good night's sleep:

- Allow yourself enough time to sleep.
- Keep a regular sleep schedule every day.
- Allow time to unwind before bed.
- Avoid alcohol and caffeine before bedtime.
- Exercise regularly.
- Avoid napping during the day.
- Keep the bedroom quiet, dark, and comfortable.
- Avoid using electronic devices (e.g., TV, cell phones, tablets, computers) in the bedroom. White noise from fans or sound machines is fine.
- Use the bed only for sleep and intimacy.
- Identify and avoid stressors, or find ways to manage stress (e.g., deep breathing, exercising).



If your sleep trouble goes on for months,

you may have a sleep disorder, such as insomnia or sleep apnea. VA's Sleep Check-Up tool can help you understand your sleep issues. Visit: **www.veterantraining.va.gov/checkup**

Download the
Insomnia Coach App.

Manage your insomnia with a weekly training plan to help you track and improve sleep, and more.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MONTHLY OBSERVANCES » National Immunization Awareness Month » Psoriasis Awareness Month » National Breastfeeding Month		28	29	30	31	1 ⚖ _____
2	3	4 U.S. COAST GUARD BIRTHDAY	5	6	7	8 ⚖ _____
9	10	11	12	13	14	15 ⚖ _____
16	17	18	19	20	21	22 ⚖ _____
23 30	24 31	25	26	27	28	29 ⚖ _____

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Support Your Mental Health

Taking care of your mental health is crucial. Your service was a testament to your resilience, but it takes equal strength to take proactive steps to maintain your mental wellness. Whether you are struggling with anxiety, feeling depressed, or are showing signs of post-traumatic stress disorder (PTSD), there are resources to help you.

DID YOU KNOW?

About 14% to 16% of the U.S. Service members deployed to Afghanistan and Iraq have been affected by PTSD or depression.

You Are Not Alone

If you are struggling with your mental health, or having problems sleeping, controlling your anger, or readjusting to civilian life, VA is here to help.

Access the **free** VA mental health services you have earned:

- Call or walk in to any VA medical center – anytime, day or night.
- Call or walk in to any Vet Center during clinic hours.
- Call VA at: **877-222-8387** (Monday-Friday, 8:00 a.m.-8:00 p.m. ET).



Veterans Crisis Line
DIAL 988 then PRESS 1

Connect with stories of help and hope.

Learn from other Veterans' experiences at:

www.maketheconnection.net

Download the
MHA for Veterans App.

Take a variety of mental health assessments from the comfort and convenience of home.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5 ⚖ _____
6	7 LABOR DAY VA CLINICS CLOSED	8	9	10	11	12 ⚖ _____
13	14	15	16	17	18 U.S. AIR FORCE BIRTHDAY	19 ⚖ _____
20	21	22	23	24	25	26 ⚖ _____
27	28	29	30	1	MONTHLY OBSERVANCES » Suicide Prevention Awareness Month » Pain Awareness Month » Ovarian Cancer Awareness Month » Prostate Cancer Awareness Month	

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Ponder Preventive Care

Making healthy lifestyle choices can reduce your risk of getting chronic diseases, such as heart disease and type 2 diabetes – but that's only part of staying well. Scheduling routine checkups and screenings can help keep you healthy by catching any serious problems early.

Are you up to date on your health screenings and checkups?

Breast cancer screening:

Every 2 years for females 40-74 years old

Date of last screening:

Date of next screening:

Dental checkup:

Every 6 months for exam and cleaning, or more frequently if needed

Date of last checkup:

Date of next checkup:

Cervical cancer screening:

Every 3 years for females 21-29 years old; talk to your doctor if you are 30-65 years old

Date of last screening:

Date of next screening:

Hepatitis vaccine:

Available for all age groups

Date of vaccination:

Colorectal cancer screening:

Regular screening for males and females begins at age 45

Date of last screening:

Date of next screening:

Blood Pressure
(mm Hg)

NORMAL
lower than 120/80

AT RISK
120/80 to 139/89

HIGH
140/90 or higher

Date of last blood pressure check:

Total Cholesterol
(mg/dl)

DESIRABLE
less than 200

BORDERLINE
200 to 239

HIGH
240 or higher

Date of last cholesterol check:

Download the
Annie for Veterans App.
Get automated text messages for self-care, including medication reminders, tips to reduce stress, and more.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MONTHLY OBSERVANCES » Mental Illness Awareness Week (4-10) » Intimate Partner Violence Awareness Month » National Breast Cancer Awareness Month		29	30	1	2	3 _____
4	5	6	7	8	9	10 _____
11	12 COLUMBUS DAY VA CLINICS CLOSED	13 U.S. NAVY BIRTHDAY	14	15	16	17 _____
18	19	20	21	22	23	24 _____
25	26	27	28	29	30	31 _____

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Cancel Winter Colds

The colder winter months can affect your mood, sleep, respiratory health, and ability to get to your health appointments.

Take extra precautions during this season to prioritize your health and well-being.

Tips for staying healthy all winter long:

- Stick to your regular daily schedule and talk to your doctor if you're concerned about feelings of depression.
- Stay active by doing indoor exercises you enjoy, such as yoga, dancing, or home workouts. Go for walks outside when the weather permits.
- When outdoors, dress in layers and protect yourself from frostbite and hypothermia. Wear a hat, gloves, scarf, and waterproof footwear.
- Get your flu and COVID-19 vaccinations, wash your hands, and cover your mouth when you cough or sneeze.
- Eat well to boost your immune system, stay hydrated, and be sure to get enough sleep.
- Prevent seasonal affective disorder (SAD) by socializing. Join a support group to keep your mind active. Talk to your doctor if you experience any SAD symptoms (e.g., irritability, anxiety, fatigue, social withdrawal).



If you're feeling depressed, lonely, or isolated, call the Veterans Crisis Line.

Veterans Crisis Line
DIAL 988 then PRESS 1

Download the
VA Health Chat App.
Connect with a VA staff member in as little as 60 seconds

13-0007-012 VA Calendar 2026.indd 24 2025-07-22 2:16 PM

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 ⚖ _____
8	9	10 U.S. MARINE CORPS BIRTHDAY	11 VETERANS DAY VA CLINICS CLOSED	12	13	14 ⚖ _____
15	16	17	18	19 GREAT AMERICAN SMOKEOUT	20	21 ⚖ _____
22	23	24	25	26 THANKSGIVING DAY VA CLINICS CLOSED	27	28 ⚖ _____
29	30	1	2	3		

MONTHLY OBSERVANCES

- Lung Cancer Awareness Month
- Chronic Obstructive Pulmonary Disease (COPD) Awareness Month
- American Diabetes Month
- National Alzheimer's Disease Awareness Month

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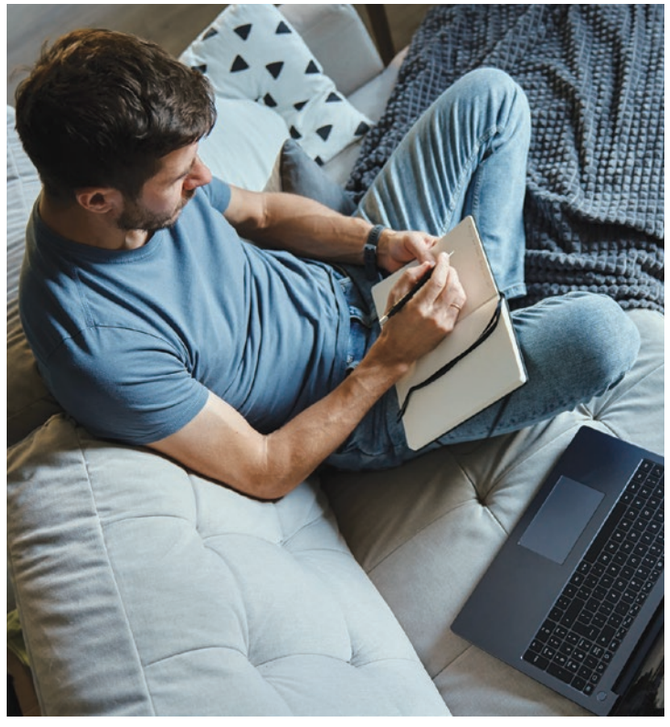
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Assess Your Whole Health

After a whole year of making changes and becoming a healthier you, have you accomplished your whole health goals? Use the following checklist to evaluate your progress, and start thinking about the goals you'd like to tackle in the new year.

I improved my health and wellness by changing my:

- ☐ Diet
- ☐ Weight
- ☐ Blood pressure
- ☐ Cholesterol
- ☐ Exercise routine
- ☐ Stress management
- ☐ Sleep habits
- ☐ Social connections
- ☐ Tobacco/alcohol/ drug use
- ☐ Mindset



MY TOP 3 HEALTH GOALS:	DID I SUCCEED?
1	
2	
3	

WHY I SUCCEEDED OR NOT:

Download the
VA Video Connect App.

VA Video Connect links Veterans with their health care team from anywhere, using encryption to ensure a secure and private session. It makes VA health care more convenient and reduces travel time for Veterans.

What is my health status now?
☐ Excellent ☐ Very good ☐ Good ☐ Fair ☐ Poor

December 2026

Record Minutes Exercised · Record Blood Pressure · Record Blood Sugar · Weekly Weigh-in

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5 _____
6	7	8	9	10	11	12 _____
13	14	15	16	17	18	19 _____
20 SPACE FORCE BIRTHDAY	21	22	23	24	25 CHRISTMAS DAY VA CLINICS CLOSED	26 _____
27	28	29	30	31	MONTHLY OBSERVANCES » National Influenza Vaccination Week (7-13) » World AIDS Day (1)	

Thank You for Your Service!

Resources

U.S. Department of Veterans Affairs
www.va.gov

Find a VA Location
www.va.gov/find-locations

MyVA 411
800-698-2411

VA Whole Health
www.va.gov/wholehealth

Veterans Health Administration
www.va.gov/health
877-222-VETS (8387)

Veterans Health Library
www.veteranshealthlibrary.va.gov

National Center for Health Promotion and Disease Prevention
www.prevention.va.gov

Telehealth
www.telehealth.va.gov

Substance Abuse and Mental Health Services Administration (SAMHSA)
www.samhsa.gov
800-662-HELP (4357)

Vet Center Call Center
877-WAR-VETS (927-8387)

Alcohol
www.rethinkingdrinking.niaaa.nih.gov

Health Screenings
www.prevention.va.gov/Healthy_Living/Get_Recommended_Screening_Tests_and_Immunizations.asp

Mental Health
www.mentalhealth.va.gov
www.ptsd.va.gov

MOVE! Weight Management Program
www.move.va.gov

Nutrition
www.nutrition.va.gov
www.myplate.gov

Stress Management
www.nccih.nih.gov/health/stress

Tobacco
https://veterans.smokefree.gov
https://smokefree.gov
855-QUIT-VET (784-8838)
Text **VET** to 47848

Vaccines & Immunizations
www.prevention.va.gov/flu/FluShots.asp
www.cdc.gov/flu

Women's Health
www.womenshealth.va.gov
855-VA-WOMEN (829-6636)

VA App Store

https://mobile.va.gov/appstore

VA Connected Care Programs

https://connectedcare.va.gov

VA Telehealth

VA Mobile

VEText Appointment Reminders

Forgot to mark your next appointment on your calendar?
Receive alerts for upcoming health care appointments on your cell phone and confirm or cancel in seconds. To participate, make sure your local medical center has your cell phone number. To use the system, follow the prompts in the text message.

The PACT Act

The PACT Act expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances, providing them with the care and benefits they deserve.

www.va.gov/resources/the-pact-act-and-your-va-benefits

My Insurance:

My Health Care Provider:

My Pharmacy:

#the SITREP

Veterans Crisis Line
DIAL 988 then PRESS 1

QUICK SERIES

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