

# VA Health Care

Living well is about focusing on what matters most to you. That's why YOU are the focus of VA's health care system. With the help of VA's Whole Health approach and the Healthy Living Messages, you have the tools you need to live life to the fullest. Our team provides compassionate medical care, innovative wellness programs, and a variety of therapies to help you stay active and healthy.

Your VA health care team is here to support you every step of the way, helping you find care options that meet your unique needs and preferences. Learn more about the resources, videos, programs, and podcasts available to help you live well by visiting www.va.gov/wholehealth and www.prevention.va.gov/Healthy\_Living.

### Live Whole Health. Circle of **Healthy Living** Whole Health Messages Community Eat Wisely Sleep Be Physically Active Screenings & **Be Tobacco** mmunizations Free **Healthy** Living Personal Life Messages Strive for a Be Involved in Healthy Your Health Weight Care Limit Sleep & Befresh Be Safe **Alcohol** Manage Stress

# VA: Health & Benefits App

Are you looking for an easier way to communicate with your VA health care team? Download the VA: Health & Benefits app today to send and receive secure messages with your team, track prescription refills, manage appointments, and much more! Scan this QR code to learn about the app and its helpful features.

### Your SMART Goals

Goals that are **SMART** (**S**pecific, **M**easurable, **A**ction-oriented, **R**ealistic, and **T**ime-based) give you a greater chance at success. But it's also helpful to identify any challenges that may stand in your way. Throughout 2026, consider how you might finish these statements when setting your monthly **SMART** goals that matter most to you and your health!

Things that may stand in my way:

I can overcome these things by:

### **NOVEMBER** 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11 Veterans Day Outpatient Clinics Closed	12	13	14	15
16	17	18	19	Great American Smokeout	21	22
23 30	24	25	26	27 Thanksgiving Outpatient Clinics Closed	28	29

### **DECEMBER** 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 Pearl Harbor Remembrance Day	8	9	10	11	12	13
14 Chanukah	15 Iraq War declared over, 2011	16	17	18	19	20
21 Winter begins	22	23	24	25 Christmas Day Outpatient Clinics Closed	26 First day of Kwanzaa	27
28 Operation Enduring Freedom ends, 2014	29	30	31			

### **Health Contacts & Phone Numbers**

**EMERGENCY MEDICAL SERVICE: 911** 

**EMERGENCY CONTACT** 

Name

Address

City/State/Zip

Phone

Poison Control Center

1-800-222-1222

### **HEALTH CARE TEAM MEMBERS & OTHER PROVIDERS**

Primary Care Medical Provider

Nurse Care Manager

Primary Care Pharmacist

Whole Health Coach

**VA Facility** 

Pharmacy

Pharmacy Refill

In-Network Pharmacy (Urgent Care Prescriptions)

To find an in-network pharmacy in your area, visit **www.VA.gov/find-locations**. Select "Community pharmacies in VA's network" in the drop-down menu.

VA Tele-Nurse

Make an Appointment Phone #

Cancel an Appointment Phone #

Patient Representative (Advocate

# Strengthen Your Immune System

Maintaining a healthy weight can strengthen your immune system and help your body fight off illness and disease. With the help of nutritious meals and regular exercise, you can make 2026 a healthy and happy year! Reach out to your VA health care team to learn more about how they can help you strive for a healthy weight.





# Prioritize & Prosper

Identifying what is most important to you is the first step toward living a more intentional and fulfilling life. To help you discover what matters most to you, scan this OR code to access VA's Whole Health Personal Health Inventory (PHI). The PHI helps you create a custom health plan that supports your goals, values, and unique health needs.

**RECORD** minutes of movement or exercise, blood pressure & blood sugar and/or log these on My HealtheVet at VA.gov

# January 2026

#### **GET YOUR HEALTH RESOURCES:**

Veterans' Health at Home® and Healthy Living books, newsletter and survey. Visit HealthyLife.com/Veterans/2026.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

#### Monthly SMART Goal

Set a goal that is Specific, Measurable, Action-based, Realistic, and with a Time to complete:

10 11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 31

	FEBRUARY 2026									
S	M	Τ	W	Th	F	S				
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				

Stand on one leg, then switch, while brushing your teeth to improve balance.

Swap out a sweetened coffee

with a warm cup of herbal tea

in the morning.



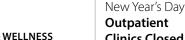
**HEALTH & WELLNESS** 

Schedule a call or video chat with a friend you have not talked to in a while.

Spend some time listening

to your favorite music.

MANAGE STRESS



Outpatient Clinics Closed









## Health Journals

Keeping a health journal can help you track symptoms, levels of pain, reactions to medications, and more. Health journals can also help you clearly communicate with your health care providers. You can simply use a pen and notebook, or scan this QR code to access the Pain

Coach app that can help you manage daily health check-ins.







# Buddy Up for Success

Sharing health goals and exercising with friends or family can help you succeed! Working out with buddies can:

- · Help you stay committed
- Offer emotional support
- · Increase motivation
- Boost enjoyment
- Strengthen connections

Reach out to a loved one today and share your health and wellness goals!

# February 2026

**RECORD** minutes of movement or exercise, blood pressure & blood sugar and/or log these on My Health**e**Vet at **VA.gov** 

#### **GET YOUR HEALTH RESOURCES:**

Veterans' Health at Home\* and Healthy Living books, newsletter and survey. Visit HealthyLife.com/Veterans/2026.

MARKET NO.
<b>EGALTIT</b>
11.55

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Groundhog Day 2	3	4	5	Wear Red Day 6	lbs.





# Ancient Grains

The term "Ancient Grains" refers to a type of grain that has been grown and harvested in the same way for hundreds of years. They're famous for their rich nutrient content, including fiber and protein. Examples include quinoa, farro, spelt, amaranth, and millet. Scan this QR code to access a

March 2026

Quinoa Black Bean Burrito Bowl recipe.





Live Whele Health.

## Digestive Health

Did you know that our gut is like a garden? It needs a balance of good bacteria to help you digest food, absorb nutrients, and fight off infections. Eating lots of fiber, drinking plenty of water, and limiting ultraprocessed food can help keep your digestive system thriving. Remember, a healthy gut can help your whole body feel better, not just your stomach.

**RECORD** minutes of movement or exercise, blood pressure & blood sugar and/or log these on My Health**e**Vet at **VA.gov** 

#### **GET YOUR HEALTH RESOURCES:**

Veterans' Health at Home® and Healthy Living books, newsletter and survey. Visit

HealthyLife.com/Veterans/2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	lbs.





### **Know Your** Medicines

Staying organized and knowing your medicines keeps you in control of your health. This helps prevent missed doses and can stop you from taking too much, which can be dangerous. If you're looking for helpful tips to keep track of your medicines, scan this OR code to learn more.



22 23 24 25 26 27 28

29 30 31

17 18 19 20 21

24 25 26 27 28 29 30

22 23





# Benefits of Decluttering

Five Whole Health reasons to declutter your home:

- 1. Organized spaces can reduce stress.
- 2. Clean environments can prevent falls and other dangerous accidents.
- 3. Clutter-free bedrooms promote sleep.
- 4. Tidying up encourages physical activity.
- 5. Letting go of unnecessary items can make a space feel fresh.

# April 2026

Action-based,

Realistic, and

with a Time to complete:

**RECORD** minutes of movement or exercise, blood pressure & blood sugar and/or log these on My HealtheVet at VA.gov

#### **GET YOUR HEALTH RESOURCES:**

Veterans' Health at Home® and Healthy Living books, newsletter and survey. Visit HealthyLife.com/Veterans/2026.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly <b>SMART</b> Goal	MARCH 2026	MAY 2026	Passover	<b>1</b>	Good Friday	
Set a goal that is Specific,	<b>S M T W Th F S</b> 1 2 3 4 5 6 7	S M T W Th F S 1 2			<b>5</b>	lbs.
Measurable, GOAL	8 9 10 11 12 13 14 15 16 17 18 19 20 21	3 4 5 6 7 8 9 10 11 12 13 14 15 16				



### Stretch Breaks

Taking regular stretch breaks, including both standing and seated stretches, can help:

- Increase flexibility
- Reduce stiffness
- Improve circulation
- Ease joint pain
- Enhance balance

Scan this QR code to access instructional stretch videos from the VA's MOVE! program.

May 2026





blood pressure & blood sugar and/or log these on My HealtheVet at VA.gov

## Get Your Hands Dirty

The act of gardening promotes relaxation, reduces stress, and boosts mood through contact with nature. Everyone can participate in the joys of gardening. Using adaptive tools, raised garden beds, and indoor plants make gardening accessible to everyone, no matter your age or physical condition. Getting your hands dirty in the garden is a rewarding and fun activity.

#### **GET YOUR HEALTH RESOURCES:**

Veterans' Health at Home® and Healthy Living books, newsletter and survey. Visit HealthyLife.com/Veterans/2026.



#### **MONDAY SATURDAY SUNDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** Monthly SMART Goal **JUNE 2026**

Set a goal that is Specific, Measurable, Action-based,

Realistic, and with a Time to complete:

9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Th F 10 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Play games that involve movement, like charades, with your family or friends.

**HEALTH & WELLNESS** Always remember to wash your hands after working in the garden.



**EAT WISELY** 

Replace packaged morning breakfast bars with fresh fruit, yogurt, and granola.



### MANAGE STRESS

Make food shopping easier and more budget-friendly by planning meals.







# Bedtime Screen-Free Challenge

Reducing screen exposure before bedtime helps promote a more restful night's sleep. Choose three nights to put your devices away one hour before bed and track your progress here:

- Night 1 complete, and I feel
- Night 2 complete, and I
- Night 3 complete, and I feel





# Power of Your Breath

Breathing exercises can help reduce stress, lower blood pressure, and improve your overall sense of well-being. Focusing on your breath before bedtime can also lead to a more peaceful and restful night's sleep. Scan this QR code to access VA's

Whole Health's Breathing and Health guide.



# June 2026

with a Time to complete:

**RECORD** minutes of movement or exercise, blood pressure & blood sugar and/or log these on My Health**e**Vet at **VA.gov** 

#### **GET YOUR HEALTH RESOURCES:**

Veterans' Health at Home® and Healthy Living books, newsletter and survey. Visit

HealthyLife.com/Veterans/2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly <b>SMART</b> Goal	4	~	7	Л		
Set a goal that is Specific, Measurable, Action-based, Realistic, and		2	3	4	3	lbs.





# Limit Alcohol While Socializing

Here are a few tips for limiting alcohol at events:

- Pair up with a friend who is also avoiding alcohol.
- Stay busy and distract yourself in party games.
- Arrive with your own non-alcoholic drink in hand, such as flavored fizzy water.
- Avoid triggers and stay away from areas that are serving alcohol.





# Healing Through Laughter

Laughing out loud isn't only fun, it's good for the mind and body. Laughing can help us relax, improve blood pressure, immunity, and even memory. That's a good reason to have a giggle! Scan this QR code

for a few good jokes and more on how laugher helps us heal.



# July 2026

**RECORD** minutes of movement or exercise, blood pressure & blood sugar and/or log these on My Health**e**Vet at **VA.gov** 

#### **GET YOUR HEALTH RESOURCES:**

Veterans' Health at Home® and Healthy Living books, newsletter and survey. Visi HealthyLife.com/Veterans/2026

y it	
5.	回源以供

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly SMART Goal  Set a goal that is Specific, Measurable, Action-based, Realistic, and	JUNE 2026           S         M         T         W         Th         F         S           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         - <td>BE FIT Plan a safe route and head outdoors for a bike ride.</td> <td>1</td> <td>2</td> <td>3</td> <td>Independence Day Outpatient Clinics Closed</td>	BE FIT Plan a safe route and head outdoors for a bike ride.	1	2	3	Independence Day Outpatient Clinics Closed
with a Time to complete:	AUGUST 2026 S M T W Th F S 1 2 3 4 5 6 7 8	EAT WISELY				

Make a goal to drink

more water throughout

the day to stay hydrated.

17 18 19 20 21 22

23 24 25 26 27 28 29





## Vaccine Protection

Getting recommended vaccines is one of the safest and effective ways to protect you from serious illnesses. Talk to your VA health care team to ensure you're up to date on vaccines, such as:

- COVID-19
- Shingles
- Respiratory syncytial virus (RSV)
- Pneumococcal disease
- Hepatitis A and B
- Influenza (flu)



## **Financial** Health Check-Ups

Routine financial health check-ups can help you stay on track with your goals, identify potential issues early, and ensure long-term financial stability. Maintaining your budget can give you peace of mind. Scan this QR code to learn more about financial health check-ups and how the VA can help you.

Veterans' Health at Home® and Healthy Living books, newsletter and survey. Visit

HealthyLife.com/Veterans/2026.

**FRIDAY** 

# **GET YOUR HEALTH RESOURCES:**

# August 2026

### **SUNDAY**

#### Set a goal that is Specific, Measurable, Action-based, Realistic, and with a Time to complete:

Monthly SMART Goal

### **MONDAY JULY 2026**

S	Μ	Т	W	Th	F	S
			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	

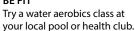
### **TUESDAY**

JEF I EIVIDER 2020								
S	M	Τ	W	Th	F	S		
		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					

SEDTEMBED 2026

### **WEDNESDAY**





these on My HealtheVet at VA.gov



### **HEALTH & WELLNESS**

Contact your VA health team to ensure you're up to date on vaccinations.

**THURSDAY** 



#### **EAT WISELY**

Create a salad that includes three "super foods" like kale, tomatoes, and grains.



#### MANAGE STRESS

To save money, review subscriptions and cancel those you don't use.









# Know the Signs

signs and ways

the VA can help.

Every Veteran is different, but many share common signs of a suicidal crisis. Feelings of hopelessness, increased drug or alcohol use, and withdrawing from friends and family are a few examples. Scan this QR code to learn how to identify crisis







## Morning Affirmations

Boost your mood, improve self-esteem, and start your day with a smile by practicing morning affirmations, such as:

- · I feel strong, capable, and confident.
- · I am grateful for this new day and I'm ready to embrace it.
- Today is going to be filled with joy and positive experiences.

# September 2026

10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29

25 26 27 28 29 30 31

**RECORD** minutes of movement or exercise, blood pressure & blood sugar and/or log these on My HealtheVet at VA.gov

#### **GET YOUR HEALTH RESOURCES:**

Veterans' Health at Home® and Healthy Living books, newsletter and survey. Visit HealthyLife.com/Veterans/2026.

<u> </u>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly <b>SMART</b> Goal	AUGUST 2026 S M T W Th F S	Operation New	Japan surrenders,	2	Л	
Cata madithat	5 W 1 W 111 1 3	D 2010	14/4/11 1045	<b>*</b>	4	lbs.

Set a goal that is Specific, Measurable. Action-based,

with a Time to complete:

Realistic, and

OCTOBER 2026 11 12 13 14 15 18 19 20 21 22 23 24 Dawn began, 2010







# **Breast Cancer** Screening

Regular mammograms can save lives by detecting breast cancer early, often before symptoms appear. Early detection makes treatment easier and more effective. Make your health a priority—schedule your recommended mammograms for peace of mind and a proactive approach to your health.





## Patient-**Centered Care**

VA's Breast and Gynecologic **Oncology System of** Excellence (BGSoE) provides advanced cancer treatments for Veterans diagnosed with breast and other cancers. The VA is working hard to support the health of Veterans with compassion and patientcentered care. Scan this QR code to learn more about VA cancer care.

October 2026

**RECORD** minutes of movement or exercise, blood pressure & blood sugar and/or log these on My HealtheVet at VA.gov

#### **GET YOUR HEALTH RESOURCES:**

Veterans' Health at Home® and Healthy Living books, newsletter and survey. Visit HealthyLife.com/Veterans/2026.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly <b>SMART</b> Goal	SEPTEMBER 2026			1	7	

Set a goal that is Specific,

Measurable. Action-based, Realistic, and with a Time to complete:

NOVEMBER 2026							
١	Т	W	Th	F	S		
	3	4	5	6	7		

17 18 19

9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

16

27 28 29 30

20 21 22 23 24 25 26



### **BE FIT**

Try a style of exercise that also provides relaxation, such as yoga or tai chi.



### **HEALTH & WELLNESS**

Schedule your annual health checkup with your VA health care provider.



#### **EAT WISELY**

When eating out, try to choose restaurants that have healthy food options.



#### MANAGE STRESS

Take a digital detox for an hour and put your phone and other devices away.







## Stay Tobacco Free

Here are a few tips on staying tobacco free:

- 1. Remind yourself why you quit smoking.
- 2. Stay busy with hobbies or social activities.
- 3. Keep chewing gum or mints with you.
- 4. Avoid triggers.
- 5. Lean on friends and family for help.

Scan this code for VA's Stay Quit Coach app.



November 2026





## Body Scan Meditations

These types of meditations help you relax by bringing awareness to each part of your body, which can distract you from negative thoughts. This can reduce stress, tension, and improve self-awareness. Scan this QR code to access a guided body scan meditation from your Whole Health team.

**RECORD** minutes of movement or exercise, blood pressure & blood sugar and/or log these on My Health**e**Vet at **VA.gov** 

### GET YOUR HEALTH RESOURCES:

Veterans' Health at Home\* and Healthy Living books, newsletter and survey. Visit HealthyLife.com/Veterans/2026.

,	
:	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	Election Day 3	4	5	6	lbs.





# Managing Anger

When we feel overwhelmed, anger can arise as a way to cope. Managing our anger during the holidays can help us enjoy the season. It helps to focus on positive things in our lives and foster better relationships with loved ones. Scan this QR code to access VA's Anger and Irritability

Management Skills (AIMS)

online program.







## New Places, New Faces

Connecting with people in your community can improve your physical and mental health. Explore new places and meet new faces with these tips:

- Volunteer around your local area.
- Join a religious or spiritual group.
- Attend community events, like fundraisers or small business openings.
- Take up a new hobby, sport, or interest group.

# December 2026

17 18 19 20 21 22 23 24 25 26 27 28 29 30 **RECORD** minutes of movement or exercise, blood pressure & blood sugar and/or log these on My Health**e**Vet at **VA.gov** 

#### **GET YOUR HEALTH RESOURCE**

Veterans' Health at Home® and Healthy Living books, newsletter and survey. Visit



December 2020			HealthyLife.com/Veterans			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly SMART Goal  Set a goal that is Specific, Measurable, Action-based, Realistic, and with a Time to complete:	NOVEMBER 2026  S M T W Th F S  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  JANUARY 2027	1	2	3	Chanukah 4	lbs. 5



### VA Services & Resources – When You Need Them

Veteran Benefits Hotline 1-800-827-1000 www.va.gov www.choose.va.gov

Health Benefits Hotline 1-877-222-VETS (8387) www.va.gov/health-care

# MyVA411 Information Line, 24/7

1-800-MyVA411 (1-800-698-2411)

Ask VA (AVA) ask.va.gov

If you have questions about your health care you can also contact your healthcare team or local Patient Advocate Office.

# Access and Quality in VA Healthcare

www.accesstocare.va.gov

### **Burials & Memorials**

1-800-827-1000 www.va.gov/burials-memorials

### **Caregiver Support Program**

1-855-260-3274 www.caregiver.va.gov

### **Center for Minority Veterans**

1-202-461-6191 www.va.gov/ centerforminorityveterans

### **Community Care**

(Includes Urgent and Emergency Care) www.va.gov/COMMUNITYCARE/programs/veterans

# Facility & Urgent Care Locator www.va.gov/find-locations

#### **Fraud Protection**

www.va.gov/initiatives/protectingveterans-from-fraud

### Hearing Impaired (TTY): Dial 711

### **Homeless Programs**

1-877-424-3838 www.va.gov/homeless

### **Mental Health**

www.mentalhealth.va.gov

### **Military Exposures**

(Agent Orange, Gulf War Illnesses, etc.) 1-877-222-8387 www.publichealth.va.gov/ exposures

### **Mobile Health Apps**

www.mobile.va.gov











### National Center for Health Promotion and Disease Prevention

www.prevention.va.gov

# National Center for Patient Safety www.patientsafety.va.gov

# National Center for Posttraumatic Stress Disorder (PTSD)

Call Your VA or dial 988 then
Press 1
www.ptsd.va.gov

### Office of Survivors Assistance

1-800-827-1000 www.va.gov/survivors

### **Traveling Veteran Coordinator**

www.va.gov/health-care/aboutva-health-benefits/where-you-gofor-care

Contact your PACT or local VAMC

### **Veterans Experience Office**

www.department.va.gov/veterans-experience

**Virus Protection** (Flu, COVID-19, etc.) www.publichealth.va.gov



### Whole Health

www.va.gov/ wholehealth

### Women Veterans Health Care

Call or text: 1-855-829-6636 www.womenshealth.va.gov







@U.S. Dept. of Veterans Affairs





Text 838255 www.veteranscrisisline.net





veteran shealth library. va. gov

If a phone number is not listed, call 1-800-827-1000 or 1-877-222-8387.