

## **VFW SERVICE OFFICER NOTES FOR THE TEN-HUT March 2020**

### **Prepare For The Annual Minnesota's Veteran's Day on The Hill**

Mark your calendars! April 20<sup>th</sup> Rain or Shine (mid-morning until mid-afternoon). I will provide details as soon as they're available.

### **VA: It's our responsibility to end harassment**

#### **Sexual harassment will not be tolerated at VA**

In a [national survey](#) of women Veteran primary care patients, one in four women Veterans reported experiencing harassment from other Veterans when they visit VA health care facilities. It's our responsibility to end it.

All Veterans should receive health care in environments that attend to their dignity, safety, and privacy.

- Women Veterans served along-side men and deserve the same VA benefits and services free from harassment and disrespect.
- Women's health clinics provide gender-sensitive environments welcoming to female Veterans. This same environment should extend to all areas of VA hospitals and clinics.
- VA's Women Veterans Call Center can be reached by calling or texting 1-855-VA-WOMEN (1-855-829-6636). Trained staff are available to provide women Veterans, their families, and caregivers assistance with VA services and resources.
- The Office of Mental Health Services has a Military Sexual Trauma Support Program and offers free, confidential treatment for mental and physical health conditions related to sexual trauma.

### **Veterans can now access patient billing statements online**

Do you want to save time when interacting with VA? Now, you can. AccessVA is a convenient new service allowing Veterans to access their patient billing statements online.

The new feature is for Veterans who receive care at a VA health care facility for non service-connected conditions and who therefore may owe a VA copayment (Veterans are not billed for service-connected care.).

To access the patient statement online, Veterans can go to [AccessVA](#) and click on [Veteran Patient Statement](#). Then, sign in with a DS Logon, ID.me, or MyHealtheVet (MVH) Premium.

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For questions regarding information displayed on patient statements, please call the Health Resource Center (HRC) at 866-400-1238. The HRC is available Monday through Friday from 8 a.m. until 8 p.m. (ET).

## **Disabled Veterans can fly Space Available Flights for free**

### **Service-connected disabled Veterans and Space-A Travel**

#### ***Jet set disabled Vets on Space-A flights***

When congress signed the [\*John S. McCain National Defense Authorization Act\*](#) last year, 100% service connected disabled Veterans became eligible for Space Available Travel. Better known as ‘Space-A’ or military hops, Air Mobility Command (AMC) maintains an extensive network of flights throughout the continental United States, Alaska, Hawaii, Puerto Rico, the U.S. Virgin Islands, Guam and American Samoa. Supplementing this network, several Air National Guard and Naval Aviation Units have flights available.

To be eligible for Space-A flights, Veterans must have a permanent and total service-connected disability rating. These Vets must also obtain a DD Form 2765, “Department of Defense/Uniformed Services Identification and Privilege Card.

The Space-A Program fills surplus capacity and seating on DOD aircraft. A popular perk among retirees, now eligible Veterans can take advantage of the program and fly for free. So, whether the Veteran is looking for a getaway to Hawaii or a trip to catch-up with their Veteran brothers and sisters on the other side of the country, the Space-A travel program can fly you there.

#### ***Some things to know before flying Space-A:***

- Disabled Veterans, along with retirees, are in priority group 6. This means active service members on emergency leave; post deployment respite and other important transportation needs will have priority.
- A contingency plan and resources, including commercial airfare, need to be available in case of a scheduling change or sudden unavailability.
- Dependents of disabled Veterans are not eligible for Space-A travel.

Eligible Veterans looking for flights should review schedules at AMC passenger terminals. Most AMC terminals, on military bases or at commercial airports, have a Facebook page that posts flight schedules and seat availability. Once a flight and destination are selected the Veteran can register in person at the terminal, or by email/fax.

Disabled Veterans, with a little flexibility and patience, are taking to the sky for free with Space-A travel and seeing more of the country thankful for their service and sacrifice.

*For more information including: eligibility, locations, schedules, baggage, contact info, and; to register for the Space-Available Travel Email Sign-Up visit the [Air Mobility Command—Space Available Travel Page](#).*

### **Free sports gear, tickets for Veterans and military kids**

#### **United Heroes League keeps military families healthy and active through sport**

When a military recruit signs the dotted line and raises a hand to swear the solemn oath, their service and sacrifice begins. Often unseen, but never forgotten, are the children who make those sacrifices, too. While Mom or Dad proudly serves, these ‘little heroes’ endure long deployments, extended training exercises and many of the stressors inherent in military life.

The United Heroes League (UHL) would like to honor these children with [free sports gear](#), [pro-sports tickets](#), access to [free sports camps](#), and [grants to cover the costs of sports association fees](#). UHL also provides [once in a lifetime experiences](#) to military families, including past trips to Super Bowl 52, the NHL All Star Game and in-person meetings with professional athletes.

***Any active service member or Honorably discharged Veteran who deployed to a combat zone (as defined by DOD or VA), with children under 18-years-old, are encouraged to apply.***

Also for 2019, United Heroes League proudly introduces [UHL Outdoors](#). Military and Veteran families can join NHL All Star and passionate military supporter Steve Payne for one of eight nationwide fishing events. The service member or Veteran, and their child, will join Payne and a host of professional athletes out on the water for a memorable day of fishing.

Based in Hastings, Minnesota, United Heroes League is a nationally registered 501c3 non-profit organization and maintains an average 90% giving rate.

To learn more visit [www.UnitedHeroesLeague.org](http://www.UnitedHeroesLeague.org), call at 651-319-0737, or email [info@UnitedHeroesLeague.org](mailto:info@UnitedHeroesLeague.org).

Learn more about UHL’s eligibility and prioritization at <https://unitedheroesleague.org/whos-eligible/>

### **Free Steam games for Veterans and their families**

#### **Games to Grunts offers free games to Veterans, military, and their families**

Most Veterans who have served in the past 20 years are probably familiar with video games. From barracks LAN parties, to marathon sessions of *Madden NFL* at the MWR while downrange, it’s safe to say Veterans like to play video games. [Studies](#) have shown that video games also help Veterans recover from some mental health challenges, providing an escape while boosting confidence, personal growth, leadership, and social connections.

Operation Supply Drop's Games to Grunts program supports community engagement to Veterans, military, and their families through video games. Most of the games they offer are on Steam, such as TEKKEN 7, Cooking Simulator, and Vietnam 65', but other platforms are also available, like free XBOX Game Passes. All of the games are available through digital download codes.

Eligibility is determined through ID.me, a third-party identify verification service that is also available to use on [VA.gov](https://www.va.gov).

Games to Grunts™ is an OSD program in partnership with ID.me and Rip It Energy providing gaming keys to Veterans.

To sign up, visit the Games to Grunts website and [create an account](#), or view the [full list of games](#) available.

### **Amtrak offers Veteran, military member discounts**

#### **Save 10% off lowest fare options**

#### **Amtrak Passenger Discount for Military Veterans**

Veterans receive a [10% discount on the lowest available rail fare](#) on most Amtrak trains.

Use the Fare Finder at the beginning of your search on [www.amtrak.com](http://www.amtrak.com) and select 'Military Veteran' for each passenger as appropriate to receive the discount.

### **Memorializing Veterans Act Now Law**

Last Friday, the president signed the VFW-supported *Memorializing Veterans Act* into law. The new law permits VA to establish a grant program to conduct cemetery research and produce educational materials for [the Veterans Legacy Program](#) (VLP). Under the current program, the VLP awards contracts to universities, colleges, and institutions to develop educational programs to teach students and others about the veterans interred in national, state, or tribal cemeteries in their communities. Transitioning to a grant-based program would broaden the reach of the VLP beyond large universities to smaller groups that wish to engage with VA in memorializing veterans. The Veterans Legacy Program ensures the memories and stories of the brave men and women who have worn our nation's uniform are preserved in perpetuity. [Learn more](#).

### **Education and Career Counseling**

VA's Education and Career Counseling program is a great opportunity for Servicemembers, Veterans and dependents to get personalized counseling and support to help guide their career paths, ensure most effective use of their VA benefits, and achieve their goals.

#### **Eligibility:**

- Transitioning Servicemembers within six months prior to discharge from active duty

- Veterans within one year following discharge from active duty
- Any Servicemember/Veteran currently eligible for a VA education benefit
- All current VA education beneficiaries

**Services Include Assisting the Servicemember/Veteran with:**

- Career Choice - understand the best career options for you based on your interests and capabilities
- Benefits Coaching - guidance on the effective use of your VA benefits and/or other resources to achieve your education and career goals
- Personalized Support - Academic or adjustment counseling and personalized support to help you remove any barriers to your success

It's simple to apply. Just follow these steps:

- Log in to your eBenefits account at <https://www.ebenefits.va.gov>
- Select "Apply"
- Select "Vocational Rehabilitation and Employment Benefits"
- Apply for "Educational and Career Counseling"
- If it is determined that you are eligible, you will be invited to attend an orientation session at the nearest [VA Regional Office](#)

If you do not have access to eBenefits you may:

- Open and Print [VA Form 28-8832](#)
- Complete and mail the form to your nearest [VA Regional Office](#) - Attention: Vocational Rehabilitation and Employment
- If it is determined that you are eligible, you will be invited to attend an orientation session at the nearest [VA Regional Office](#)

**Armed Forces Service Center at MSP - New Location**

After 49 years in the ticketing area of the Minneapolis/Saint Paul International Airport (MSP), the Armed Forces Service Center (AFSC) has moved inside the security perimeter.

The 24 hour facility has expanded to over 2,900 square feet, located at the end of Concourse C, across the rotunda area, at the entrance to Concourse A. Follow the signs to the elevator on the left. The AFSC is located on level two.

The AFSC offers numerous amenities including two sleeping bunk rooms and complementary food for travelers with a current ID card; Active-Duty, National Guard, Reservists, Dependents, Retirees, Purple Heart and Medal of Honor Recipients, former PoW and DoD/PHS.

Phone: (612) 726-9155 / Web: <https://www.mnafsc.org/>

**Become a Vietnam War Commemoration Partner**



Organizations who want to thank Vietnam Veterans for their service can join the Vietnam War Commemoration Commemorative Partner Program.

Many organizations host events around March 29, which is Vietnam War Veterans Day.

The commemoration recognizes all who served on active duty in the U.S.

Armed Forces at any time during the period of November 1, 1955 to May 15, 1975, regardless of duty location; and their families.

### **Student Veterans May Receive Financial Relief**

VA has recently implemented Sections 107 and 501 of the *Harry W. Colmery Veterans Educational Assistance Act of 2017*, commonly referred to as the Forever GI Bill. The law requires student veterans to receive their monthly housing allowance based on the zip code of the school where they actually take the majority of their classes, not the zip code for the main campus. This change could cause student veteran's monthly housing allowance to be decreased. VA is offering impacted individuals the opportunity to apply for one-time relief to help with the transition to a lower rate. Those affected will need to fill out [VA Form 22-10204](#), and submit the form through the [Ask](#)

### **Get Help: Agent Orange**

During the Vietnam War, the U.S. military used [Agent Orange](#), a tactical herbicide used to reduce vegetation and tree cover in Vietnam. It was also used between April 1, 1968, and August 31, 1971, in the DMZ in Korea. Years later, some Veterans experience health effects potentially related to Agent Orange.

### **Effects of Agent Orange**

VA recognizes certain health conditions (known as presumptive conditions) as associated with Agent Orange exposure, including Parkinson's disease, Type 2 Diabetes, Non-Hodgkin's Lymphoma, and several forms of cancer.

The fourteen presumptive conditions are listed below:

AL Amyloidosis

Porphyria Cutanea Tarda

Non-Hodgkin's Lymphoma

Hodgkin's Disease

Chronic B-cell Leukemias

Prostate Cancer

Parkinson's Disease

Ischemic Heart Disease

Peripheral Neuropathy, Early-Onset

Respiratory Cancers

Diabetes Mellitus Type 2

Multiple Myeloma

Chloracne

Soft Tissue Sarcomas

Note: some conditions such as chloracne and peripheral neuropathy (early onset) have to occur within certain time periods after possible Agent Orange exposure to be considered presumptive conditions.

### **Benefits for children of Vietnam Veterans and other Veterans**

VA also recognizes spina bifida in Veterans' children as associated with Agent Orange exposure. In such cases, VA may provide health care, disability compensation, and other assistance for children of Vietnam Veterans who served during the Vietnam Era or children of Veterans who served in or near the Korean DMZ from April 1, 1968, to August 31, 1971.

In addition, VA provides benefits for children of women Vietnam Veterans born with certain birth defects.

### **Reach out and sign in**

If you or a family member suffers from a health condition associated with Agent Orange, VA assistance may be available. VA offers eligible Veterans a free [Agent Orange Registry health exam](#) for possible long-term health problems related to exposure. You can also stay on top of your health by [registering](#) for a My HealtheVet account today and tracking your health care online.

### **Track your health**

By becoming a [registered user](#) of My HealtheVet, those affected by Agent Orange have access to the [Track Health](#) tool. Veterans can better manage their conditions by keeping track of their blood pressure, heart rate, cholesterol and view lab or test results online. They can access and

update their self-entered VA health records, then share this information with their health care team using the Blue Button report or a VA Health Summary.

Some of the tools available in Track Health are:

- Vitals (blood pressure, blood sugar, weight, etc.)
- Food and Activity Journals
- Labs + Tests
- HealtheLiving Assessment
- Health History

### **Online Depression Test**

We all feel anxious, down, or lack energy at times. Knowing the difference between these feelings and depression can be tough. Take My HealtheVet's online [Depression Screening](#).

### **Weight Loss isn't Far Away with TeleMOVE!**

*Using technology can be a (weight) losing proposition*

Are you looking to improve your health through diet, exercise, and lifestyle changes, but live too far away from a VA Medical Center? Using popular technologies, Veterans can now participate in the TeleMOVE! weight management program without leaving home.

#### **Participate at home**

TeleMOVE! is one of VA's Home Telehealth Services in which Veterans are matched with a VA clinician or Care Coordinator, and with at-home health monitoring technologies that best fit their needs. It combines the very successful MOVE! Weight Loss Program with tools of telehealth, like video and teleconferencing. It's a 90-day program that focuses on nutrition, physical activity, and behavior change. Participation in TeleMOVE! along with a healthy diet and activity changes may also help improve health conditions such as diabetes, congestive heart failure, COPD, and depression.

"The TeleMOVE! program was a great success for me. The idea that I had to weigh in and the results were being recorded was motivation for me. I had a personal goal of losing the required pounds to have my hips replaced. I was able to use this program versus having gastric weight loss surgery," said Veteran Charlie Twine.

There are currently 9,000 Veterans participating in the TeleMOVE! program from their own homes.



To join the program, just let your VA Primary Care team know that you are interested in TeleMOVE! They'll have you complete the [MOVE!11 Questionnaire](#) at your local VA medical facility or online.

### **Keep in contact**

Veterans enrolled in TeleMOVE! can report information to their VA Care Coordinator in a variety of ways including, over the telephone, through a secure internet website, video technology, or a home device. They can also stay in contact by using the [MOVE! Coach mobile app](#).

Veterans with a Premium My HealtheVet account can also use [Secure Messaging](#) (*sign in required*) to send non-urgent questions or comments to their care coordinator and other members of their health care team.

### **Track Your Blood Pressure on My HealtheVet**

*Learn to get accurate readings at home*

If you are concerned about hypertension, you probably know that your [blood pressure](#) changes from hour to hour, sometimes even minute to minute. Standing up, watching an exciting show, eating dinner, being stressed, even the time of day can influence your blood pressure. It jumps around so much that you are more likely to get a "normal" reading if you check it at home rather than in the doctor's office.

My HealtheVet's [Track Health](#) feature can be a powerful tool for managing your blood pressure and helping you keep a healthy lifestyle.

### **Managing blood pressure**

Typically, blood pressure increases with age. Risk of [high blood pressure](#) increases when people hit age 45. High blood pressure probably won't cause you to die today, but it can lead to serious problems down the road. However, there is plenty you can do to prevent, delay, and treat the condition.

### **Track your numbers**

Getting an accurate view of your blood pressure can help you start making improvements.

One blood pressure reading only tells you what your blood pressure is at that moment. By using My HealtheVet's [Track Health](#) feature, you can create a record of all readings taken. This helps your doctor when checking if your treatments are lowering your blood pressure and what corrections may need to be done.

You can monitor and view your blood pressure with My HealtheVet by using the following steps:

- [Sign in](#) to My HealtheVet using your [Premium](#) account
  - In the navigation bar at the top of the page, select [Track Health](#)
  - Scroll down and select [Vitals](#)
  - In the navigation bar on the left-hand side of the page, choose [Blood Pressure](#)
- 
- Once there, you will see your **Personal Health Journal**
  - To add a new reading, select **Add New**
  - Once there, you will enter the date, time, [systolic](#) number, [diastolic](#) number, and any comments about the reading you want to add. Normal blood pressure for adults ages 18 and older is between 90/60 and 120/80. "Normal" varies from person to person. Check with your healthcare team to find out what is normal for you, given your condition.

Then, select **Save** or **Save & Add Another** if you have more readings to enter

And remember, you can't feel your blood pressure get better or worse. Measuring your blood pressure regularly offers essential information about whether your lifestyle changes and the medications you are taking are having their desired effects. Reach out to your health care team with [Secure Messaging](#) (*sign in required*) if you have any questions.

### **VA and partners have you covered during flu season**

#### **Flu season continues well into spring**

It's not too late to get your flu vaccination, as the season continues well into spring. To protect yourself, the [Centers for Disease Control and Prevention](#) (CDC) recommends receiving a yearly flu vaccination. In addition, it suggests washing your hands, covering your mouth when you cough and sneeze, and staying home and away from others when you're sick.

To make it easier for our Veterans, VA has several methods for getting a [vaccination](#).

**[VA Medical Facilities](#)**. VA offers free flu vaccinations at all VA medical centers and community-based outpatient clinics. Veterans simply need to ask their primary care providers for the vaccination when they visit.

**[Walgreens](#)**. Veterans enrolled with VA health care can receive a no-cost vaccination through the [Retail Immunization Care Coordination Program](#). The program is available at 9,600-plus Walgreens pharmacies nationally. Veterans need to present their Veterans Health Identification Card (VHIC) and another form of photo ID to receive a vaccination. To find the nearest Walgreens, call 800-925-4733 or visit [www.walgreens.com/storelocator/find.jsp](http://www.walgreens.com/storelocator/find.jsp).

## **Choice, Control, Clarity: Appeals Modernization**

The Appeals Modernization Act (AMA) of 2017 gave Veterans a greater choice in how to disagree with a VA claim decision. Giving Veterans more choice has been a top priority for VA.

Under AMA, [Veterans can choose](#) from one of three lanes to have their decision reviewed: (1) supplemental claim; (2) higher-level review; or (3) appeal to the Board of Veterans' Appeals. If a Veteran chooses to appeal to the Board, he/she can choose from one of three dockets: (1) direct review; (2) evidence submission; or (3) hearing request.

Which lane should Veterans choose? "We always advise Veterans to work with their representative..." Mason said. "While we have made it easier, it's still a little confusing to Veterans because it is different. Veterans representatives can really advise them on what they need to do."

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## **How to Protect the Female Heart**

*Heart disease is the number one killer of women*

When it comes to heart disease and stroke, women can have different experiences than men. Did you know that women have different warning signs for heart attacks? Or that women typically have a higher risk of having a stroke? In fact, one in three women dies from heart and blood vessel disease, while one woman dies every minute from a stroke.

Talk with your [health care team](#). They can connect you with VA [information and resources](#) for women Veterans so you can create or maintain a heart-healthy lifestyle.

## **Three Ways to Check Your VA Lab Tests**

It's easy to track and record your lab test results using My HealtheVet, but what do all of those numbers mean? Understanding your results can help you and your provider make decisions about your health and health care.

### **Where do I find my lab results?**

My HealtheVet makes it easy for you to stay on top of your lab test results and view them online anytime, anywhere. There are three ways to find your lab results if you are a VA patient with a [Premium My HealtheVet account](#).

### **What is included in my lab report?**

Once your lab results are available in your My HealtheVet account, all three reports will list them by the date and time they were collected beginning with the most recent. The VA Blue Button Report is the most common way to view your results.

## **Top 5 Health Threats to Men**

Even if you already feel healthy, a little planning can help you stay that way. The top threats to men's health aren't secrets: they're known, common, and often preventable. The good news is that making a few lifestyle changes can significantly lower your risk of these common problems.

### **Cardiovascular disease: the leading men's health threat**

One in four men have some form of [heart disease](#). It's the leading cause of death in the United States. Risk factors depend on your age, gender, race, and sometimes family history. You may not be able to change those factors, but you can reduce your risk by:

### **Lung cancer: still a health threat**

[Lung cancer](#) is the leading cause of cancer death. It's good to know what symptoms to look for so you know when [to see your health care provider](#). If you're concerned about lung cancer, be on the lookout for these signs:

### **Prostate cancer: one in nine men will be diagnosed during their lifetime**

[Prostate cancer](#) is the most common non-skin cancer among American men. It usually grows slowly and occurs in men over the age of 65 years old. If you notice the following symptoms, talk to your health care provider right away.

- Problems passing urine, such as pain, difficulty starting or stopping
- Lower back pain
- Pain with ejaculation

### **Depression and suicide: easy to overlook**

[Depression](#) is not a personal weakness or character flaw. Most experts believe depression can be the result of family history, early life experiences, stressful events, or a combination of these factors. Symptoms can be mild, moderate, or severe and include:

- Feeling sad or hopeless
- Losing interest in or not getting pleasure from most of your daily activities
- Gaining or losing weight
- Sleeping too much or not enough
- Feeling tired or have little energy
- Eating more or less than usual almost every day

The signs and symptoms of depression may be hard to notice at first, so it's important to be aware of your thoughts, moods, and behaviors. Take My HealthVet's anonymous [online test](#) to

help you consider getting help. The good news is that even the most severe cases of depression are treatable.

### **Diabetes: the silent health threat**

Anyone can get [diabetes](#), but it's more common among people over 40, if you're overweight, or lack physical activity. Other risk factors for diabetes include:

- Family history
- Certain races, such as African American or Native American
- If you take certain medicines

You can't change certain risk factors, but you can make changes to help prevent diabetes. If you're worried about diabetes, explore ways to:

- Maintain a healthy weight and eat nutritious, low-calorie foods
- Stay active and try to reduce stress levels
- Have regular check-ups with your doctor

As you make these changes, use My HealtheVet's [Track Health](#) feature to monitor vitals, and the [food](#) and [activity](#) journals to keep track. Using these tools, along with making a few cha

### **CDC coronavirus information and resources**

[VA is closely monitoring](#) an outbreak of respiratory illness caused by a new coronavirus (COVID-19). Doctors first identified the virus in Wuhan, Hubei Province, China. The Centers for Disease Control and Prevention (CDC) is working with the World Health Organization (WHO), other government agencies along with state and local officials to respond to this emerging public health threat.

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### **Veterans can now update their contact information online**

Moving? Taking an extended vacation? New phone number? Simply want VA to reach you at a different address?

Whatever the reason may be, VA just made updating your contact information much easier.

1. Login to [VA.gov](https://va.gov)
2. Click on your name at the top right.
3. Select profile
4. Click on edit for anything you wish to change
5. Make your edits, and click update

However, this won't work for all VA databases...yet.

- For education benefits: Call 1-888-GIBILL-1 (1-888-442-4551) Monday through Friday, 8:00 a.m. to 5:00 p.m. (ET)
- For home loan benefits: Call 1-877-827-3702, Monday through Friday, 8:00 a.m. to 6:00 p.m. (ET)
- For Veterans' Mortgage Life Insurance: Call the VA Insurance Center (VAIC) at 1-800-669-8477, Monday through Friday, 8:00 a.m. to 6:00 p.m. (ET)
- For prescriptions: Address updates via VA.gov will change your VA pharmacy, labs, appointment reminders, and postal mail from your VA medical center.

This new feature is one part of an improved, personalized digital experience. But it's also making a big, data-driven impact.

Does VA have your updated contact information? Check now on [VA.gov](https://va.gov).

### **Refill on the Go**

#### **It's never been easier**

Refilling a prescription has never been easier with the Rx Refill mobile app. Instead of having to call anyone to refill it, use your smartphone, and follow a few steps. [Learn more](#).

### **Glaucoma: Are You at Risk?**

Glaucoma is a leading cause of blindness. Many people with glaucoma might not even know they have it. Getting regular eye exams could save your sight. [Learn more](#).

## **Keep Your Feet Healthy**

Diabetes puts your feet at risk, which is why daily foot care is one of the best ways to prevent certain health issues. Take care of your feet, take care of your health. [Learn more.](#)

### **Disabled Vets can Twin Cities Busses and Light Rail (LRT) for free!**

Here's a GOOD DEAL!!! Check out this hyperlink. Good deals await! [Disabled Vets Ride For Free on Buses & Light Rail.](#)