



Defining
EXCELLENCE
in the 21st Century

Healthy Living!

*Veterans &
Their Families*

2013
Calendar

Be involved in your health care.

- Be open and honest with your health care team. Be prepared to discuss your medical history, current problems, needs, and feelings.
- When your provider suggests medication, surgery, test(s), or any other kind of care, ask why you need it and the pros and cons involved. For health screenings and tests, ask how you will get results.
- Ask questions about anything that's not clear. Ask for things to be re-stated in terms you know.
- Consider your health care team's advice for medications, medical care, and self-care.
- Let your health care team members know if you cannot follow their advice. They will work with you until it is something you can do.
- Keep a list of questions to ask your health care team.
- If you cannot keep a scheduled appointment, call your "Cancel Appointment" number. Schedule another one.



Track Your Health.

It's easy to share information with your health care team using tools from My HealthVet at www.myhealth.va.gov:

- Keep records of your weight, blood pressure, and other health measures.
- Keep food and physical activity logs.
- Keep an up-to-date health history.
- Keep track of your non-VA medications, vitamins, and herbal products.



Healthy Living Goals

- This weekend, I will make a list of all my medications, vitamins, and herbals. I will take the list with me to my next clinic visit.
- Tomorrow, I will start a list of my health questions and concerns. I will refer to this list when I call or visit my health care team.
- I will create one goal that I can DO! I will talk to my health care team and set a start date and meet it.

Can you answer the *Ask Me 3* questions at the end of your appointment? (See article in the back of this calendar.)



January 2013

Record Minutes Exercised

Record Blood Pressure

Record Blood Sugar

You can also log these on My HealthVet at www.myhealth.va.gov.



Health Tip

Remember to review your medications, vitamins, and herbal products with your health care team at least once a year.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>December 2012</p> <p>S M T W Th F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	<p>Healthy Living</p> <p>GET INVOLVED</p> <p>www.prevention.va.gov</p>	<p>1 New Year's Day</p> <p>Outpatient Clinics Closed</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5 Weight _____</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12 Weight _____</p>
<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19 Weight _____</p>
<p>20</p>	<p>21 Martin Luther King Jr. Day</p> <p>Outpatient Clinics Closed</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26 Weight _____</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>		<p>February 2013</p> <p>S M T W Th F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28</p>

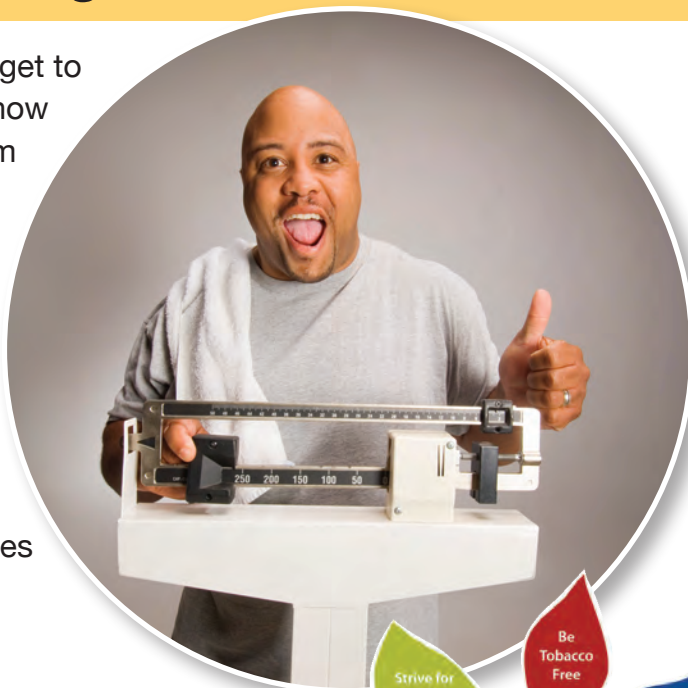
Strive for a healthy weight.

Use VA's MOVE![®] program to help you get to and stay at a healthy weight. Find out how to sign up and use the MOVE![®] program from your VA health care team or at www.move.va.gov. The MOVE![®] program is tailored for your needs to:

- Set weight loss and healthy lifestyle goals
- Learn how to choose healthy foods
- Do regular physical activity
- Help with lifestyle (behavioral) changes
- Track your progress
- Receive follow-up support

Unlike competing to be the Biggest Loser on TV, you and fellow Veterans who use MOVE![®] are all winners!

Read how other Veterans have found success using MOVE![®] at: www.move.va.gov/SuccessStories.asp.



What is a Healthy Weight?

One measure of healthy weight is body mass index (BMI). BMI Guidelines:

- Underweight = BMI less than 18.5
- Normal weight = BMI of 18.5-24.9
- Overweight = BMI of 25-29.9
- Obesity = BMI of 30 or greater

Ask your health care team, "What is my BMI?" You can also find your BMI at www.nhlbisupport.com/bmi. Contact your health care team for help to manage your weight.

What is a Healthy Waist Circumference?

- Less than 40 inches for men
- Less than 35 inches for women

Healthy Living Goals

- Starting this week, I will weigh myself every Saturday or as often as my health care team asks. I will track my weight on this calendar or on MyHealtheVet.
- I will create one goal that can help me with my weight. I will make it something I can DO! I will set a start date and meet it.



Staying in control of your weight helps you be healthy now and in the future. Make weight control a priority for you and your family.



February 2013

Record Minutes Exercised

Record Blood Pressure

Record Blood Sugar

You can also log these on My HealthVet at www.myhealth.va.gov.



To lose weight, eat and drink fewer calories. Be more active. For best results, do both.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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January 2013
 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 31



Healthy Snacks

- 1 medium orange or other fresh fruit
- 2 teaspoons low-sodium peanut butter on 2 unsalted crackers
- 1 cup nonfat yogurt and ½ cup berries
- Raw veggies and 2 tablespoons hummus

Healthy Living
 STRIVE FOR A HEALTHY WEIGHT
www.prevention.va.gov

1

2 Weight _____

3

4

5

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7

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9 Weight _____

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16 Weight _____

17

18 Presidents' Day
 Outpatient Clinics Closed

19

20

21

22

23 Weight _____

24

25

26

27

28



March 2013

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
 31

Eat wisely.

To maximize your health, choose healthy foods daily:

Amount	Food Group
2 ½ cups	Vegetables of different colors
2 cups	Fruits of different colors
3 or more ounces	Whole-grain cereals, breads, crackers, rice, or pasta
5 or more ounces	Lean meats and poultry. Fish, such as salmon, 2 or more times a week.
3 cups	Fat-free or low-fat milk or milk products, such as yogurt or soft cottage cheese



Build a Healthy Plate.



- Use ChooseMyPlate to help you make healthy food choices and proper serving sizes. Find out more about this and get a custom eating plan for each family member from www.choosemyplate.gov.
- Read food labels. Choose foods that have at least 1 gram of dietary fiber. Aim to get 20-35 grams of dietary fiber per day.

- Have dry beans or peas as a main dish or part of a meal.
- Per week, have at least 2 or more meatless meals, such as lentil soup and chili with beans, but no meat.
- Drink water, unsweetened beverages, and fat-free milk instead of sugary drinks, such as soda.

To help prevent osteoporosis, get 1,000-1,200 milligrams of calcium per day from foods and supplements, as needed. Talk about your calcium needs with your health care team.



Healthy Living Goals

- The next time I eat at a fast food restaurant, I will order a side salad with low-calorie dressing instead of French fries.
- At my next clinic visit, I will ask to see a dietitian to help me plan healthy meals and snacks.
- I will create one specific goal to improve my eating habits. I will make it something I can DO! I will set a start date and meet it.

March 2013

Record Minutes Exercised

Record Blood Pressure

Record Blood Sugar

You can also log these on My HealthVet at www.myhealth.va.gov.



Eat at least 3 ounces of whole grains a day. One ounce is 1 slice of bread, 1 cup of cereal, or 1/2 cup of cooked rice or pasta.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2013 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	April 2013 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	Good Sources of Fiber <ul style="list-style-type: none"> • 1/2 cup kidney beans (9 grams) • 1/2 cup baked beans (7 grams) • 1 oz. bran flakes (4 grams) • 1/2 cup raspberries (3 grams) • 1/2 cup broccoli (3 grams) • 1 slice whole wheat bread (2 grams) 	 <p>Healthy Living EAT WISELY www.prevention.va.gov</p>	1	2	Weight _____
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Daylight Saving Time Begins (Turn clocks ahead one hour.)						Weight _____
17	18	19	20	21	22	23
						Weight _____
24	25	26	27	28	29	30
						Weight _____
31						

Limit alcohol.

- Limit alcohol to lower your risk for:
 - Injuries from falling and motor vehicle crashes
 - Liver and heart diseases, stroke, and high blood pressure
 - Cancers of the breast, mouth, throat, colon, and liver
 - Depression, sleep disorders, unsafe sex, and alcohol abuse
- If you choose to drink alcohol, limit how much you have to:
 - No more than 2 drinks a day if you are male
 - No more than 1 drink a day if you are female or are a male age 65 years and older
- Drinking alcohol poses health risks. If you are in a high risk group, you should not drink. High risk groups are:
 - Women who are pregnant or plan to become pregnant
 - People who have hepatitis
 - People who cannot stop at 1 or 2 drinks



What Is One Drink?

- 12 ounces regular beer
- 8-9 ounces malt liquor
- 5 ounces table wine
- 12 ounces wine cooler
- 1.5 ounces 80-proof hard liquor (gin, vodka, whiskey)

After you have 1 or 2 drinks with alcohol, choose ones without alcohol, such as low sodium tomato juice or orange juice.

Ask your health care team how much, if any, alcohol you can have due to medications you take and health conditions you have.

Healthy Living Goals

- From now on, I will set a good example for my family by not having more than 1 or 2 drinks a day.
- I will make it a habit to keep a limited supply of alcohol in my house.
- I will create one specific goal to help me limit alcohol. I will make it something I can DO! I will set a start date and meet it.



Learn about the risks that drinking can have on your health and safety. Take the “Drinker’s Check-up” at <http://veterandrinkscheckup.org>



April 2013

Record Minutes Exercised

Record Blood Pressure

Record Blood Sugar

You can also log these on My HealthVet at www.myhealth.va.gov.

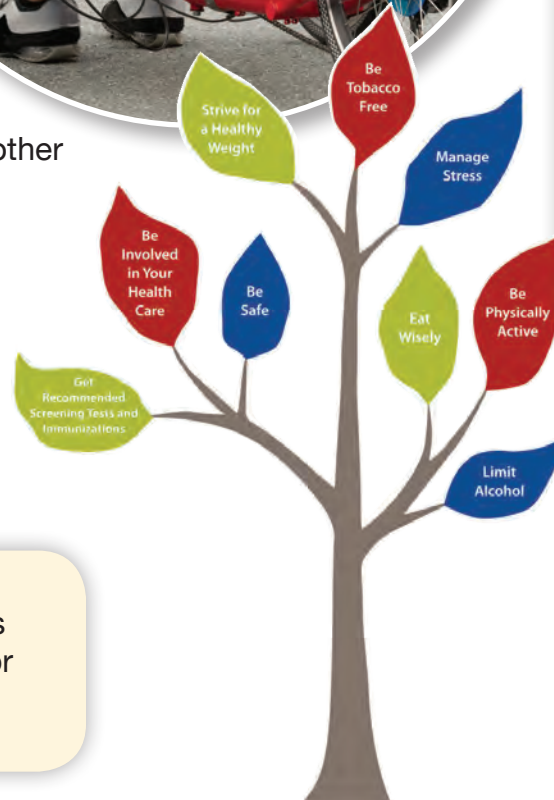


If you or family members are concerned about your drinking, talk to your health care team.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2013 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 31	1	2	3	4	5	6 Weight _____
7	8	9	10	11	12	13 Weight _____
14	15	16	17	18	19	20 Weight _____
21	22	23	24	25	26	27 Weight _____
28	29	30			May 2013 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 31	

Be physically active.

- Remember, some exercise is better than none.
- Try to move more. Watch TV less. Or, walk in place, ride an exercise bike, or lift weights while you watch TV.
- Track the steps you take each day with a pedometer. Set a goal to walk 10,000 steps a day.
- If you use a wheelchair, track your distance with an odometer. Five miles pushed in a wheelchair is about the same as walking 10,000 steps.
- Take part in local and National Veteran Special Events to do physical activity and have fun. Ask your VA facility about these and other physical activity programs you can join.
- Consider your health care team's advice for physical activity.



Physical Activity Guidelines

Each week, do:

- Strengthening activities at least twice
- At least 150 minutes (2½ hours) of moderate activity, such as brisk walking, dancing, or hard housework. OR
- At least 75 minutes (1 hour and 15 minutes) of vigorous activity, such as jogging, aerobic dancing, or swimming laps.

You do not have to do the suggested number of minutes all at once. You can do them in 10-minute segments.

To reduce injury and prevent muscle soreness, warm-up before and cool-down after physical activity.

Healthy Living Goals

- Instead of watching TV after dinner, I will walk with my family, my dog, or a friend for at least 15 minutes on 5 days this week.
- I will create one specific goal that means more physical activity. I will make it something I can DO! I will set a start date and meet it.



By exercising as little as 30 minutes each day, you can lower your risk for heart disease.

May 2013

Record Minutes Exercised

Record Blood Pressure

Record Blood Sugar

You can also log these on My HealthVet at www.myhealth.va.gov.



Drink fluids before, during, and after you exercise.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2013 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	 Healthy Living GET ACTIVE www.prevention.va.gov		1	2	3	4 Weight _____
5	6	7	8	9	10	11 Weight _____
12	13	14	15	16	17	18 Weight _____
19	20	21	22	23	24	25 Weight _____
26	27 Memorial Day Outpatient Clinics Closed	28	29	30	31	June 2013 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

Be safe.

Prevent falls.

- Do regular exercise to improve strength and balance.
- Use grab bars and non-slip mats in your bathtub and shower.
- Have handrails next to toilets and in stairways.
- Keep walkways clear of clutter and well-lit.
- Use nonskid rugs or double-sided tape under rugs.

Drive safely.

- It is very dangerous to talk on a cell phone or text message while driving. Focus on the road.
- Wear a seatbelt when driving or riding in a car, truck, or van.
- Wear a helmet on motorcycles and bicycles.
- Drive sober or with a driver who is.

Summer safety.

- Drink plenty of water.
- Wear sun-protective clothing and swimwear.
- Sit in the shade or under a beach umbrella.



Sun Safety Tips

For the best protection from ultraviolet (UV) radiation, the American Cancer Society suggests you:

1. **Slip on** a shirt. Cover exposed skin areas.
2. **Slop on** sunscreen. Use one with a broad-spectrum sun protection factor (SPF) of 15 or higher. Follow directions on the label.
3. **Put on** a hat. Wear one that has a 2-3 inch brim all the way around.
4. **Wrap on** sunglasses that block UV rays to protect your eyes and sensitive skin around them.

Source: American Cancer Society's website at www.cancer.org.

Healthy Living Goals

- Every day, I will limit exposure to the sun's UV rays between 10 a.m. and 4 p.m.
- Today I will discuss with my family, the dangers of texting while driving.
- I will create one specific goal to help me and my family become safer. I will make it something we are able to DO! I will set a start date and meet it.



Ask your care team if conditions you have or medications you take raise your risk for falls. Ask how to lower the risk.



June 2013

Record Minutes Exercised

Record Blood Pressure

Record Blood Sugar

You can also log these on My HealthVet at www.myhealth.va.gov.



Health Tip

Some medications make your skin more sensitive to the sun. Protect yourself.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2013 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 31	July 2013 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 31	 <p>Healthy Living BE SAFE www.prevention.va.gov</p>				1 Weight _____
2	3	4	5	6	7	8 Weight _____
9	10	11	12	13	14	15 Weight _____
16	17	18	19	20	21	22 Weight _____
23	24	25	26	27	28	29 Weight _____
30						

Take action to prevent type 2 diabetes.

Pre-diabetes is when blood glucose levels are higher than normal, but not high enough to be diagnosed as a diabetic. Many people with pre-diabetes develop type 2 diabetes within 10 years. Healthy habits can delay and may even prevent diabetes:



- Maintain a healthy weight. If you are overweight, losing just 5-10 percent of your weight will lower your risk.
- Be active. Start slowly. Build up to at least 150 minutes of moderate-intensity physical activity a week.
- Plan for healthy eating at home and away from home.
 - Eat fewer calories and smaller portions. Focus on vegetables, fruits, and whole grains.
 - Choose fat-free and low-fat dairy foods.
 - Choose kidney and other beans, lean meats, poultry, and fish over meats that are high in fat and sodium, such as bacon and sausage.
 - Limit high calorie snack foods and desserts, such as chips, cookies, cakes, and full-fat ice cream.
 - Avoid all-you-can-eat restaurants and buffets.

Blood Glucose Numbers

A fasting blood glucose test helps diagnose diabetes.

Blood Glucose	Diagnosis
99 mg/dL and below	Normal
100-125 mg/dL	Pre-diabetes
126 mg/dL and above	Diabetes

(mg/dL = milligrams per deciliter)



Healthy Living Goals

- At my next clinic visit, I will ask about my risk factors for diabetes and find out what I can do to lower the risk.
- Starting tomorrow, I will drink water and unsweetened tea instead of soda and other drinks with sugar.
- I will create one specific goal to help me prevent diabetes. I will make it something I can DO! I will set a start date and meet it.

When you lower your risk for diabetes, you also lower your risk for heart disease, kidney disease, and stroke.



July 2013

Record Minutes Exercised

Record Blood Pressure

Record Blood Sugar

You can also log these on My HealthVet at www.myhealth.va.gov.



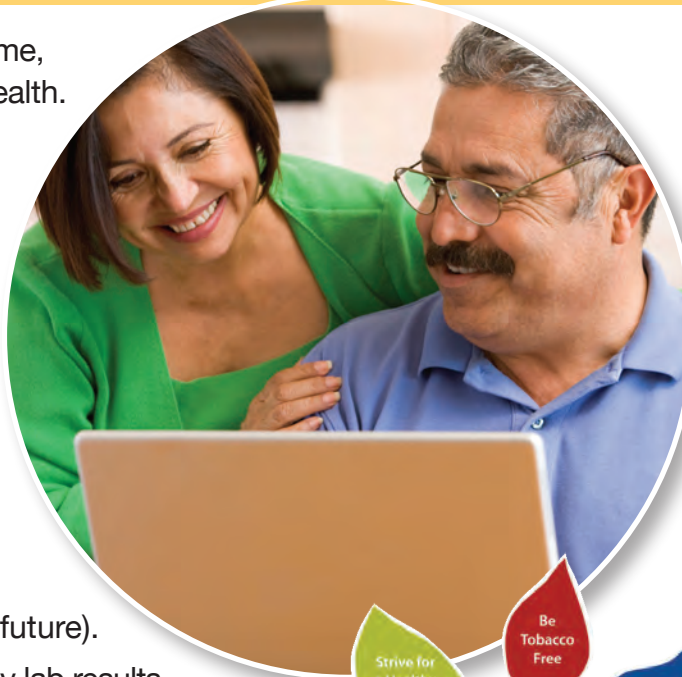
Work with your health care team to set healthy eating and physical activity goals to control your blood glucose levels.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2013 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	1	2	3	4 Independence Day Outpatient Clinics Closed	5	6 Weight _____
7	8	9	10	11	12	13 Weight _____
14	15	16	17	18	19	20 Weight _____
21	22	23	24	25	26	27 Weight _____
28	29	30	31	 www.prevention.va.gov		
						August 2013 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 31

Help manage your care with My HealthVet.

Get and record health information, anytime, from My HealthVet (MHV) at www.myhealth.va.gov. At the MHV site, you can:

- Learn about VA and its programs, as well as use it to help manage your health care.
- Register for MHV. After you register, you can start using most of the features listed below. For those with an *, you will need to complete the one-time In-Person Authentication Process. You can do this at any VA hospital and most VA clinics.
 - *View VA appointments (past and future).
 - *View VA Chemistry and Hematology lab results.
 - *View VA Wellness Reminders.
 - *Send Secure (“emails”) Messages to your VA health care team.
 - Order your VA medication refills 24/7.
 - Use the health logs and journals to track your health.
 - Use the Veterans Library to look up and view health topics online.



Get Involved.

Using My HealthVet is a vital part of Patient Aligned Care Team (PACT).

Goals of PACT

- Partner with your health care team to choose your health care goals.
- Coordinate your care among health care team members. These include you, your primary care provider, a nurse, a clinical associate, a clerk, family members, and caregivers.
- Access care through many ways:
 - Clinic visits and options like telehealth and group appointments
 - Telephone clinics and secure email messaging through My HealthVet.

Healthy Living Goals

- To learn more about My HealthVet, I will register for it, upgrade my account, or call the MHV Coordinator at my VA facility.
- I will start using Secure Messaging to ask my health care team about non-urgent health topics.
- I will pick 1 feature of MHV to learn more about and start using it. I will make it something I can use and will set a start date.



On My HealthVet, check out the Healthy Living Centers for tips on eating, physical activity, sleep, and many more topics for your general wellness.

August 2013

Record Minutes Exercised


Record Blood Pressure

Record Blood Sugar

You can also log these on My HealthVet at www.myhealth.va.gov.



Take an active role in your health care. Work with your health care team to improve your health.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2013 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 31	September 2013 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	 Healthy Living GET INVOLVED www.prevention.va.gov		1	2	3 Weight _____
4	5	6	7	8	9	10 Weight _____
11	12	13	14	15	16	17 Weight _____
18	19	20	21	22	23	24 Weight _____
25	26	27	28	29	30	31 Weight _____

Control your blood pressure.

Control your blood pressure to help prevent heart disease, kidney problems, and stroke.

- Your blood pressure needs testing as often as advised by your health care team.
- Take medications as prescribed. When your blood pressure is controlled, it means your medication is working.
- Ask if taking aspirin is right for you.
- Talk to your health care team about testing and treatment for problems that can raise your risk for stroke. These include diabetes, heart disease, sleep apnea, and atrial fibrillation (A-fib) – a heart rhythm problem.
- Use VA's MOVE!® program to help you control your weight.
- If you use tobacco, ask your health care team for ways to cut back or better yet, quit! (See *Be Tobacco Free*, November 2013.)
- Getting comfort from loved ones or a pet may help lower blood pressure.



Limit Salt (Sodium).

Read food labels. Choose unsalted and low-sodium foods.

- Limit total sodium from salt and foods to 2,300 milligrams per day.
- Limit sodium to 1,500 mg per day if:
 - You have high blood pressure.
 - You are middle-aged or older.
- Choose low-sodium snacks.
 - Fruits and veggies
 - Unsalted pretzels
 - Unsalted rice cakes

Healthy Living Goals

- Today, I will take the salt shakers off the table and kitchen counter.
- At my next clinic visit, I will ask my health care team if it is okay for me to use a salt substitute (potassium chloride).
- I will create one specific goal to help control my blood pressure. I will make it something I can DO! I will set a start date and meet it.



Use vinegar, lemon juice, and sodium-free herbs, spices, and seasonings instead of salt.



September 2013

Record Minutes Exercised

Record Blood Pressure

Record Blood Sugar

You can also log these on My HealthVet at www.myhealth.va.gov.



Let your health care team know if you have bad side effects from your blood pressure medications. Do not stop taking these medications on your own.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day Outpatient Clinics Closed	3	4	5	6	7 Weight _____
8	9	10	11	12	13	14 Weight _____
15	16	17	18	19	20	21 Weight _____
22	23	24	25	26	27	28 Weight _____
29	30	August 2013 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 31	<p>Healthy Living GET INVOLVED www.prevention.va.gov</p>		October 2013 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 31	

Get recommended screening tests and immunizations.

A main focus of Patient Aligned Care Team (PACT) is to keep you well and prevent health problems.

- Health screenings detect problems early. Vaccines prevent infectious diseases.
- Guidelines for screening tests and vaccines depend on your gender, age, and health status.
- Ask your health care team which screening tests and vaccines are right for you. (See a list of these in the back of this calendar.)
- Make it a goal to be up-to-date with all of your health screenings and vaccines.
- Use this calendar to schedule screening tests and vaccines and to keep a record of them.
- Before you travel to other countries, find out if you need certain vaccines. Contact the Centers for Disease Control at www.cdc.gov/travel or 1-800-232-4636. Discuss your needs with your health care team, too.



Infection: Don't Pass It On

- Get a yearly flu vaccine.
- Wash your hands often with soap and water. Or, use alcohol-based hand rubs.
- Cough or sneeze into a tissue. When you do not have one, cough or sneeze into your upper sleeve or elbow.
- Keep your fingers out of your eyes, nose, and mouth.
- Clean and disinfect door handles, phones, railings, light switches, and remote controls.
- Ask all health care workers who come in contact with you to wash or sanitize their hands.



Healthy Living Goals

- Every year, I will talk with my health care team about what screening tests I need.
- I will create one specific goal to find out about and get screening tests and vaccines that I need. I will make it something I can DO! I will set a start date and meet it.

You can protect your loved ones by getting your flu shot.



October 2013

Record Minutes Exercised

Record Blood Pressure

Record Blood Sugar

You can also log these on My HealthVet at www.myhealth.va.gov.



Talk about the pros and cons of screening tests with your health care team.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2013 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	 Healthy Living GET IMMUNIZED www.prevention.va.gov	1	2	3	4	5 Weight _____
6	7	8	9	10	11	12 Weight _____
13	14 Columbus Day Outpatient Clinics Closed	15	16	17	18	19 Weight _____
20	21	22	23	24	25	26 Weight _____
27	28	29	30	31		November 2013 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

Be tobacco free.

- Tobacco in any form is unhealthy. Don't use snuff, chew, or cigarettes.
- Be tobacco free:
 - For your health
 - For the health of your family and pets
 - For the health of your unborn baby if you are pregnant
- Get help from “Quit Tobacco – Make Everyone Proud” at www.ucanquit2.org/thinkingaboutquitting/veterans/default.aspx. At this site, you can:
 - Chat live with a tobacco quit coach.
 - Enroll in Train2Quit. This is a custom quit plan that helps you beat cravings, overcome weight gain, and cope with the effects of nicotine withdrawal.
 - Get support for staying tobacco-free.



Save Money by Not Smoking.

Ask your health care team about VA tools and medications that can help you be tobacco free. Ask to be referred to a VA smoking cessation clinic.

	1 Pack	2 Packs
Day	\$6	\$12
Week	\$42	\$84
Month	\$180	\$360
Year	\$2,190	\$4,380
10 Years	\$21,900	\$43,800
20 Years	\$43,800	\$87,600
30 Years	\$65,700	\$131,400

Healthy Living Goals

- When I get a strong urge for a cigarette, I will chew some nicotine gum.
- I will tell my family and my friends that I am quitting smoking this weekend. I need them to help me instead of offering me cigarettes.
- I will create one specific goal to help me be tobacco free. I will make it something I can DO! I will set a start date and meet it.



Avoid secondhand smoke. Even brief exposure can be harmful to your health.

November 2013

Record Minutes Exercised

Record Blood Pressure

Record Blood Sugar

You can also log these on My HealthVet at www.myhealth.va.gov.



Health Tip

Instead of a cigarette, put a coffee stirrer, a cinnamon stick, or sugar less mint in your mouth.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
October 2013 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 31	December 2013 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 31	 Healthy Living QUIT TOBACCO www.prevention.va.gov		1	2	Weight _____	
3 Daylight Saving Time Ends (Turn clocks back one hour.)	4	5	6	7	8	9	Weight _____
10	11 Veterans Day Outpatient Clinics Closed	12	13	14	15	16	Weight _____
17	18	19	20	21	22	23	Weight _____
24	25	26	27	28 Thanksgiving Day Outpatient Clinics Closed	29	30	Weight _____

Manage stress.

- Follow healthy habits to help your body and mind handle stress.
 - Do physical activity every day. Walk. Swim. Do tai chi or yoga.
 - Eat healthy foods. Limit sweets and junk food.
 - Drink plenty of water.
 - Limit caffeine.
 - Get enough sleep and rest.
- Learn and practice ways to relax. Examples are deep breathing and progressive muscle relaxation.
- Spend time with people and/or pets that you enjoy.
- Listen to music or comedy CDs or DVDs.
- Do things you enjoy and look forward to, such as a hobby, playing music, or watching funny movies.
- Rank order tasks. Break big ones down into little parts and tackle one at a time.



Stress Tools

PTSD Coach – This smartphone App has:

- Tools to screen and track symptoms that occur after trauma
- Skills to help you handle symptoms of stress
- Direct links to support and help

Learn about PTSD Coach from:
www.ptsd.va.gov/public/pages/PTSDCoach.asp

Relaxation Recording – Listen to this at
www.prevention.va.gov/Manage_Stress.asp

Healthy Living Goals

- At my next health care visit, I will ask for information on problem solving skills.
- Starting next week, I will make a list of things that trigger my stress and what I can do to reduce the stress. I will talk with someone I trust to ask about how I can manage it better.
- I will create one specific goal to help me manage my stress. I will make it something I can DO! I will set a start date and meet it.



If you are in an emotional crisis, call The Veterans' Crisis Line or access www.veteranscrisisline.net.

December 2013

Record Minutes Exercised Record Blood Pressure Record Blood Sugar

You can also log these on My HealthVet at www.myhealth.va.gov.



Ask your health care team if your VA facility has a stress management program or classes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Weight _____
8	9	10	11	12	13	14 Weight _____
15	16	17	18	19	20	21 Weight _____
22	23	24	25 Christmas Day Outpatient Clinics Closed	26	27	28 Weight _____
29	30	31	November 2013 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	 MANAGE STRESS www.prevention.va.gov		January 2014 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 31

January 2014

Record Minutes exercised — Record Blood pressure — Record Blood sugar —
and/or log these on My HealthVet at www.myhealth.va.gov.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 2013 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 31			1 New Year's Day Outpatient Clinics Closed	2	3	4 Weight _____
5	6	7	8	9	10	11 Weight _____
12	13	14	15	16	17	18 Weight _____
19	20 Martin Luther King Jr. Day Outpatient Clinics Closed	21	22	23	24	25 Weight _____
26	27	28	29	30	31	February 2014 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

My Health Choices

Circle your choice below:



Be Involved in Your Health Care



Be Physically Active



Eat Wisely



Strive for a Healthy Weight



Get Screening Tests & Exams



Limit Alcohol



Be Tobacco Free



Manage Stress



Be Safe



Your Choice

- My goal for the next week: (Example: I will take a 15 minute walk, at least 3 times this week, after I get home from work)

- Things that might get in my way: (Examples: bad weather, pain, work overtime)

- What I can do to overcome these things: (Examples: walk indoors or at an inside mall, listen to soothing music while I walk)

- I believe that I can reach my goal: (Circle the number that matches how confident you feel.)

1 2 3 4 5 6 7 8 9 10
 Not At All Sure Somewhat Sure Very Sure

What is Ask Me 3?

This is a tool to use at each health care visit to help you:

- Take an active role in your health care.
- Communicate with your health care team.
- Find out what you need to know and do to take care of your health.
- Lower your chances for medical errors.

Ask Me 3 helps both you and your health care team discuss important issues in a timely manner. It also reminds your health care team to answer questions in terms you can understand.



1. What is my main problem?

- Ask what it is called and how to spell it.
- Ask if this is an acute or chronic problem.
- Ask how to keep this from getting worse.

2. What do I need to do about it?

- When a test, medication, surgery, or any other kind of care is proposed, ask why you need it. Ask about the pros and cons involved.
- Ask for things to be stated in terms you know.
- Write down what you need to do and what health issue to work on first.

3. Why is it important for me to do this?

- Find out what could happen if you follow proposed treatment and what could happen if you do not.
- Ask if there is something else that can be done instead.

Tips to Manage Your Weight

- Avoid mindless munching. Eat meals and snacks at regular times. Have breakfast every day. Eat with your family at the table, not in front of the TV or while you are doing another activity.
- Keep a “Daily Food and Physical Activity Log.” Get one from My HealthVet at www.myhealth.va.gov. Click on the Track Health section.
- Eat a healthy snack every 2-3 hours to curb hunger and keep your blood glucose levels stable. Examples are:
 - ½ cup low-fat cottage cheese with ½ cup unsweetened pineapple
 - ½ cup nonfat milk and ½ cup bran flakes
- Limit serving sizes. Use your hand and other common objects to help you judge serving sizes.



1 cup = 2 hands cupped, 1 clenched fist, or baseball



½ cup = 1 hand cupped or computer mouse



1 tablespoon = 1 thumb or 1 die



1 teaspoon = tip of 1 thumb



2-3 ounces = the palm of your hand or deck of cards



1 ounce = size of 1 domino

Prevent and Manage Arthritis

Arthritis refers to disorders that affect joints or areas around joints. Osteoarthritis is the most common type and is a common cause of pain in Veterans. It is also called “wear-and-tear” arthritis. With this, cartilage in joints, especially the knees, hips, and spine, gets worn out. Chips and cracks form in the cartilage, too. These allow the ends of the bones to rub together. Growths called bone spurs also form.

Causes

- Aging
- Combat, sport, and other injuries to joints
- Overuse of and wear-and-tear on joints from:
 - Repeated use of joints
 - Lifting heavy equipment
 - Carrying heavy backpacks
- Being overweight. This puts greater stress on knees and hips.

Signs and Symptoms

- Joint pain and stiffness
- Knobby growths on finger joints
- Loss of motion in joints
- Joint tenderness and swelling can occur.

Prevention

- Maintain a healthy weight. If you are overweight, lose weight.
- Protect your joints from injury. For example, walk instead of jog. Wear knee pads to protect your knees.
- Do regular exercise to keep bones and muscles strong.
- Prevent falls. (See June, 2013.)



Treatment

Discuss arthritis signs and symptoms with your health care team for a proper diagnosis. Follow your health care team’s advice for:

- Exercises. These include stretching, mild strengthening, and low-impact aerobic exercises. These make it easier to move your joints without pain.
- Prescribed and over-the-counter medications to relieve pain.
- Other methods to relieve pain, such as taking a warm shower and putting a warm or cold pack on the painful joint area.
- Dietary supplements, such as glucosamine and flaxseed oil.
- Weight loss, if you are overweight.

Warning Signs - Take Action!

Signs and Symptoms to Let Your Health Care Team Know About

Cancer of the Colon or Rectum Warning Signs

- A change in bowel habits. You may be constipated, have stools more often and/or have loose stools.
- Red or dark blood in or on the stool
- Stools that are narrower than usual
- A feeling that the bowel does not empty all the way

Diabetes Warning Signs

- Urinating often
- Extreme thirst
- Extreme hunger
- Weight loss without trying
- Increased fatigue
- Being short-tempered
- Blurry vision

Skin Cancer Warning Signs

- A sore that doesn't heal
- A new growth or a change in an old growth
- A change in a mole. Look for:
 - **Asymmetry.** The shape of one half does not match the other.
 - **Border.** The edges are ragged, notched, or blurred.
 - **Color.** The color is uneven.
 - **Diameter.** The size changes. Often, it is bigger than a pencil eraser.
 - **Evolving.** The mole changes shape, size, or symptoms, or bleeds at the surface.



Signs and Symptoms that Need Emergency Medical Care

Heart Attack Warning Signs

- Pressure, fullness, squeezing, or pain anywhere in the chest. This lasts more than a few minutes or goes away and comes back.
- Discomfort or pain in one or both arms, the back, neck, jaw, or stomach
- Shortness of breath. This can come with or before chest symptoms.
- Breaking out in a cold sweat, nausea, or light-headedness



Women are more likely than men to have fatigue, shortness of breath without chest pain, or lower chest pain.

For any of these signs, follow the VA's Time is Life guidelines:

- **Don't delay. Call 9-1-1 right away!**
- Chew one 325 mg. aspirin (or four baby aspirin), unless you are allergic to aspirin.
- Tell the ambulance driver that you are having chest pains.

Stroke Warning Signs

Call 9-1-1 right away if you have any of these signs:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance, or coordination
- Sudden severe headache with no known cause

Health Screenings

General guidelines are listed below. Discuss health screenings you need with your health care team.

Screening Test or Exam	How Often	Date Last Given
Alcohol, depression, tobacco	Yearly	_____
Blood Pressure	Every visit	_____
Body Mass Index (BMI)	Yearly	_____
Blood Cholesterol: Total LDL (bad) - cholesterol HDL (good) - cholesterol Triglycerides	As advised by health care team	_____ _____ _____ _____
Colorectal Cancer Screening <i>Follow your health care team's advice for screening method and how often to be screened.</i>	Ages 50-75	_____
Dental Care	1-2 times a year as advised	_____
Hepatitis C Risk, HIV Risk, PTSD, Military Sexual Trauma	Yearly	_____
Osteoporosis	Start at age 65 (sooner if at risk)	_____
For Women	Ask your health care team about recommendations for cervical cancer screening.	_____
Cervical Cancer		_____
Chlamydia	Ages 24 and younger. Ages 25+ if at high risk.	_____
Breast Cancer (Mammogram)	Every 2 years ages 50-74. Ages 40-49 and after age 74, discuss this with your health care team.	_____
For Men		
Prostate Cancer	Ask your health care team for recommendations for prostate cancer screening.	_____
Abdominal Aortic Aneurysm	One-time screening between ages 65-75 if ever smoked	_____
For Persons with Diabetes		
A1C Hemoglobin	Every 3-6 months	_____
Blood Cholesterol	Yearly	_____
Foot Exam	Yearly	_____
Dilated Retinal Eye Exam	Yearly	_____
Urine Test for Kidney Function	Yearly	_____

Find out more about health screenings from:
www.healthfinder.gov/widgets

Vaccines for Adults

Vaccines	How Often	Date Last Given
Flu	Yearly	_____
Tetanus / Diphtheria / Pertussis (Whooping cough)	Tdap (1 dose) if not had in the past. Td booster every 10 years.	_____
Varicella (Chicken pox)	Discuss, with health care team, if you have not had chicken pox or had only one dose of this vaccine	_____
Human Papillomavirus (HPV)	3 doses ages 9-26	_____
Measles, Mumps, Rubella (MMR)	1 or 2 doses if you were born in 1957 or later	_____
Pneumonia	Once at age 65+; sooner if you smoke or if advised by your health care team	_____
Zoster (Shingles)	Once at age 60 or older	_____

Discuss all vaccines you need with your health care team. Find out about vaccines for adults and children from the Centers for Disease Control and Prevention at www.cdc.gov/vaccines and 1-800-232-4636.

Know Your Numbers

	Target Goals	My Goals	Keep Records
Heart rate	_____	_____	_____
Blood pressure (BP) (mm Hg)	< 120/80	_____	_____
If have high BP	< 140/90	_____	_____
If African American	< 130/80	_____	_____
If have diabetes	< 130/80	_____	_____
If have kidney disease	< 130/80	_____	_____
Blood cholesterol (mg/dL)			
Total	< 200	_____	_____
LDL-cholesterol	< 130	_____	_____
If you have diabetes	< 100	_____	_____
HDL-cholesterol	≥ 40 Men	_____	_____
	≥ 50 Women	_____	_____
Triglycerides	< 150	_____	_____
Body Mass Index (BMI)	18.5-24.9	_____	_____
Waist measurement	_____	_____	_____
Weight	_____	_____	_____
Blood sugar	_____	_____	_____
Hemoglobin A1C	_____	_____	_____

VA Resources	Phone Number	Web Site
Veteran Benefits	1-800-827-1000	www.va.gov www.ebenefits.va.gov
Health Eligibility & Enrollment	1-877-222-8387	www.va.gov/health/default.asp
VA Facility Locator	1-877-222-8387	www.myhealth.va.gov
Agent Orange Helpline	1-800-749-8387	www.va.gov/agentorange
Burial & Memorials	1-800-827-1000	www.cem.va.gov
Center for Minority Veterans	1-202-461-6191	www.va.gov/centerforminorityveterans
Devices for the Deaf (TDD)	1-800-829-4833	
Education Benefits & Services	1-888-442-4551	www.gbill.va.gov
Gulf War Helpline	1-800-749-8387	www.va.gov/gulfwar
Homeless Veterans	1-877-424-3838	www.va.gov/HOMELESS/index.asp
Home Loans	1-888-244-6711	www.benefits.va.gov/homeloans
Life Insurance	1-800-669-8477	www.insurance.va.gov
Mental Health	Call Your VA	www.mentalhealth.va.gov
MOVE! [®] Program	Call Your VA	www.move.va.gov
MyHealtheVet	1-877-327-0022	www.myhealth.va.gov
National Center for Posttraumatic Stress Disorder (PTSD)	1-802-296-6300	www.ptsd.va.gov
Returning OEF/OIF/OND Service Members	1-866-606-8216	www.oefoif.va.gov
Survivor Benefits	1-800-827-1000	www.vba.va.gov/survivors
VA Caregiver Support	1-855-260-3274	www.caregiver.va.gov
VA National Center for Health Promotion & Disease Prevention		www.prevention.va.gov
VA National Center for Patient Safety		www.patientsafety.gov
Veterans Crisis Line	1-800-273-8255 Press "1"	www.veterancrisisline.net
Women Veterans Health Care	Call Your VA	www.womenshealth.va.gov

Health Contacts & Phone Numbers

Emergency Contact Numbers

Emergency Medical Service: 911 or _____

Ambulance Service: _____

Fire: _____

Police: _____

Poison Control Center: 1-800-222-1222



Health Care Team Members & Other Health Care Providers

My Primary Care Doctor: _____

My Nurse Care Manager: _____

My Clinical Associate: _____

My Care Team Clerk: _____

My VA Facility: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

My Pharmacist: _____

Pharmacy Refill: _____

VA Tele-Nurse: _____

Make an Appointment Phone #: _____

Cancel an Appointment Phone #: _____

Patient Representative (Advocate): _____

Transportation Service: _____

My HealtheVet Help #: 1-877-327-0022

My Health Insurance Information

Name: _____

Address: _____


Phone #: _____

Policy #: _____



VA Sunshine Healthcare Network

www.visn8.va.gov

 at all
Medical Centers

Bay Pines VA Healthcare System

10000 Bay Pines Blvd.
Bay Pines, FL 33744
727-398-6661 * 888-820-0230

James A. Haley Veterans' Hospital

13000 Bruce B. Downs Blvd.
Tampa, FL 33612
813-972-2000 * 888-716-7787

Miami VA Healthcare System

1201 NW 16th Street
Miami, FL 33215
305-575-7000 * 888-276-1785

**North Florida/South Georgia
Veterans Health System**

Lake City VA Medical Center

619 South Marion Avenue
Lake City, FL 32025
386-755-3016 * 800-308-8387

Malcom Randall VA Medical Center

1601 SW Archer Road
Gainesville, FL 32608
352-376-1611 * 800-324-8387

Orlando VA Medical Center

5201 Raymond Street
Orlando, FL 32803
407-629-1599 * 800-922-7521

VA Caribbean Healthcare System

10 Casia Street
San Juan, Puerto Rico 00921
787-641-7582 * 800-449-8729

West Palm Beach VA Medical Center

7305 N. Military Trail
West Palm Beach, FL 33410
561-422-8262 * 800-972-8262