



Defining
EXCELLENCE
in the 21st Century

Healthy Living!

*Veterans &
Their Families*



2012
Calendar

What is PACT?

The word **PACT** is short for **Patient Aligned Care Team**. This is a new method of health care available at your VA. With PACT, each Veteran works with their health care team to plan for whole-person care and life-long health and wellness. The letters P-A-C-T can also be used to describe the goals of a patient aligned care team:

- **Partnership** with your health care team to make choices about your health care goals
- **Access** to care through many ways:
 - Clinic visits with a health care team
 - Options like tele-health and group appointments
 - Telephone clinics and secure email messaging through My HealthVet. These make it easy for you to contact your health care team. (See February.)
- **Coordinated** care. You are part of a health care team. The team works together to meet your needs.
- **Team-based** care with you at the center. Your health care team includes you, your primary care provider, a nurse, a clinical associate, and a clerk. It also includes your family members and caregivers.

The VA wants you to get the right care, in the right place, at the right time.

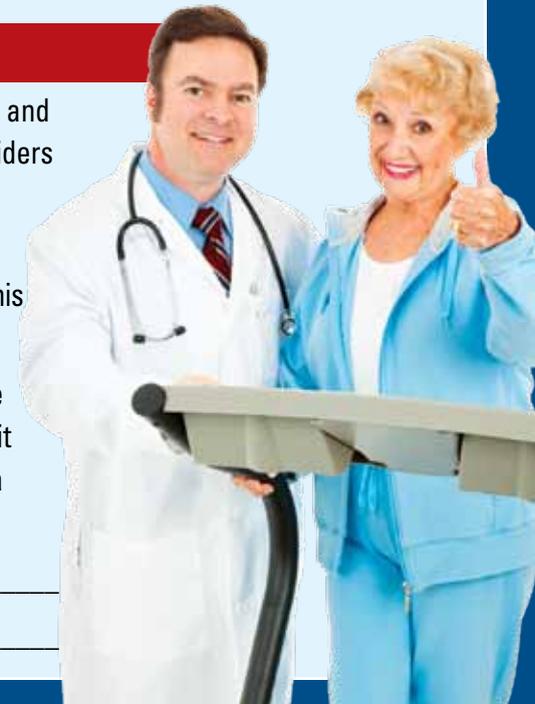


Get Involved

- The VA is committed to helping you be involved in your health care.
- It has programs that can help you and your health care team work together to improve your health.

Healthy Living Goals

- This week, I will write down the names and phone numbers of my health care providers in the back of this calendar.
- Tomorrow, I will start a list of my health questions and concerns. I will refer to this when I call or visit my health care team.
- I will pick one specific goal to get more involved in my health care. I will make it something I can get done and will set a start date.



January 2012



Ask good questions for good health: 1. What is my main problem? 2. What do I need to do? 3. Why should I do this?

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
1 New Year's Day	2 New Year's Day Observed Outpatient Clinics Closed	3	4	5	6	7 Weight
8	9	10	11	12	13	14 Weight
15	16 Martin Luther King Jr. Day Outpatient Clinics Closed	17	18	19	20	21 Weight
22	23	24	25	26	27	28 Weight
29	30	31	Monthly Observances Cervical Health Awareness www.cervicalcancer.org Glaucoma Awareness www.preventblindness.org	December 2011 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	February 2012 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	

Help manage your care from anywhere with My HealtheVet.

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

- Learn about the VA and its programs, as well as use it to help manage your health care. Check out the Healthy Living Centers for tips on eating, physical activity, sleep, and many more topics for your general wellness.
- Register for MHV. To use the features listed below that have the * symbol, you need to also complete the one-time In-Person Authentication (IPA) process. You can do this at any VA clinic visit.
- View, print, and save your health data, such as:
 - *VA Appointments (past and future)
 - *VA Prescription History
 - *VA Chemistry and Hematology lab results
 - *VA Wellness Reminders
- Use the “Blue Button”  to share your data with your health care team.
- Order your medication refills 24/7.
- Send secure email messages* to your VA health care team.

For any questions or problems with MHV, call your VA facility and ask for the MHV Coordinator.

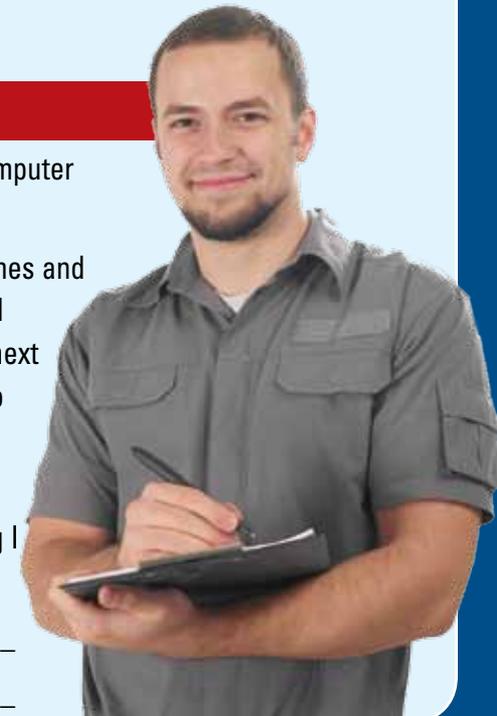


Be Involved

- Be involved with your health care.
- There are many ways for you to take an active role.
- Work with your health care team to improve your health.

Healthy Living Goals

- I will sign up for My HealtheVet on my computer this week.
- This weekend, I will make a list of the names and doses of all my medications, vitamins, and herbals. I will take the list with me to my next clinic visit and ask my health care team to make sure it is correct and up-to-date.
- I will pick one specific goal to be involved in my health care. I will make it something I can get done and will set a start date.



February 2012



Ask your family and friends for their support in your "healthier you" efforts.

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
January 2012 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	March 2012 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 Weight 
5	6	7	8	9	10	11 Weight 
12	13	14	15	16	17	18 Weight 
19	20 President's Day Outpatient Clinics Closed	21	22	23	24	25 Weight 
26	27	28	29	Monthly Observances Cancer Prevention www.aicr.org Heart Health Awareness www.americanheart.org		

Think of food as good medicine for your body and soul.

What you eat and drink can have a big impact on your health and energy level. Eating more fruits and vegetables and less red meat can lower your risk for some cancers.

- Use www.ChooseMyPlate.gov as a fun and easy guide for healthy food choices and proper serving sizes. Get customized eating plans for you and family members, too.
- Enjoy what you eat, but eat less foods that are high in calories, fat, and salt. Eat slowly.
- Make fruit your everyday dessert.
- Drink water and unsweetened drinks instead of sugary drinks, such as soda and sweet tea. Giving up two 12-ounce sodas a day can help you lose 30 pounds in a year!
- Eat less meat and more vegetables, beans, and peas. Make kebobs with green and red peppers, onions, and chicken or salmon. Opt for lentil soup, veggie burgers, and chili with kidney or pinto beans.
- Take the salt shaker off the table and kitchen counter. Use vinegar, lemon juice, and other no-salt spices.
- Eat healthy meals as a family. Involve your family in planning and making meals and snacks.



Eat Wisely

- Eat wisely to maximize your health.
- Eat a variety of foods, including vegetables, fruits, and whole grains.
- It is important to include fat-free and low-fat milk and milk products in your diet.
- Limit salt, fat, sugar, and alcohol.

Healthy Living Goals

- When I eat out and order a sandwich, I will ask for wheat or rye bread instead of white bread.
- At my next clinic visit, I will ask to see a dietitian for help planning a healthy diet.
- When I grocery shop, I will buy fruits and vegetables so my family has them to eat at meals and snacks.
- I will pick one specific goal to improve my eating habits. I will make it something I can get done and will set a start date.



Plan to be physically active. Do it your way.

- Set goals with your health care team for physical activities that are right for you. Put your goals into action.
- If you are a “couch potato,” move more. Watch TV less or walk in place/ride an exercise bike while watching TV.
- Be active with your family. Take a walk after dinner. Bike ride with your children. Play with your grandchildren.
- Exercise to a DVD or a workout program on TV.
- If you have Wii Fitness or Xbox 360, play games with your family.
- For strength exercises:
 - Do sit-ups or push-ups. Try using exercise bands.
 - Lift hand weights or use cans as weights.
 - If you have a disability, try working the muscles that you use less often.
- If you are already active, add more minutes to your workout. Do more vigorous activity. Jog. Jump rope.
- Track the steps you take each day with a pedometer. Set a goal to walk 10,000 steps a day and then DO IT!
- If you use a wheelchair, track your distance with an odometer. Five miles pushed in a wheelchair is about the same as 10,000 steps walked.

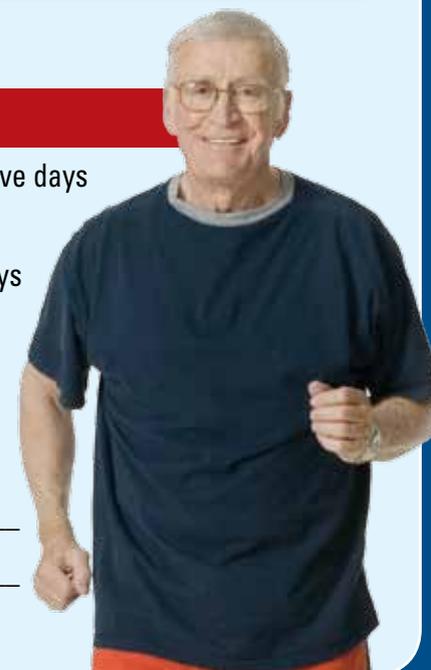


Be Active

- Avoid inactivity. Some activity is better than none.
- Aim for at least 150 minutes (2 1/2 hours) of moderate-intensity aerobic activity each week. Every 10-minute session counts.
- Do strengthening activities at least two days each week.

Healthy Living Goals

- I will walk briskly for at least 15 minutes on five days this week.
- I will play catch with my children on Saturdays this month.
- I will pick one specific goal to do more physical activity. I will make it something I can get done and will set a start date.



April 2012



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

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
1 National Disabled Veterans Winter Sports Clinic, Snowmass Village, Colorado, April 1-6	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	26	27	28 Weight _____ █ █ █
29	30	Monthly Observances Alcohol Awareness www.ncadi.samhsa.gov Cancer Control www.cancer.org STD Awareness www.ashastd.org	March 2012 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	May 2012 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		

It's your MOVE! – take action.

MOVE! is a healthy lifestyle program that can help you manage your weight. It also helps you lower the risk for and manage heart disease, diabetes, and high blood pressure. MOVE! is tailored for your needs to:

- Set weight loss and healthy lifestyle goals.
- Do regular physical activity.
- Learn how to choose healthy foods.
- Track your progress.
- Receive follow-up support.



Talk to your VA health care team about:

- How to sign up for and use the MOVE! Program. For more on MOVE!, go to www.move.va.gov.
- Ways to address health issues that make it hard for you to manage your weight
- The pros and cons of medicine and surgery to help you lose weight

Unlike competing to be on the Biggest Loser on TV, you and fellow Veterans who use MOVE! are all winners! Read how other Veterans have lost weight and improved their health at www.move.va.gov/SuccessStories.asp.

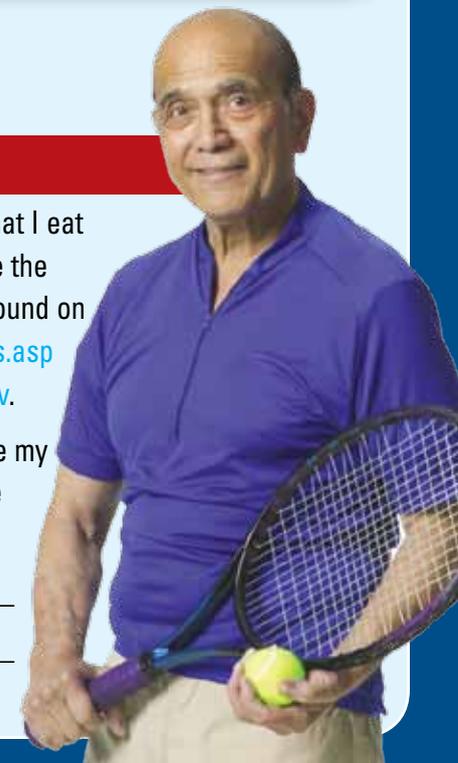


Be Active

- Strive for a healthy weight.
- If you need to lose weight, losing even a little will help.
- If you are of normal weight, maintain it.
- Staying in control of your weight helps you be healthy now and in the future.

Healthy Living Goals

- Starting tomorrow, I will start writing down what I eat and drink and physical activities I do. I will use the "Daily Food And Physical Activity Log" that I found on the MOVE! Web site: www.move.gov/handouts.asp or on the MHV Web site: www.myhealth.va.gov.
- I will pick one specific goal to help me manage my weight. I will make it something I can get done and will set a start date.



May 2012



Talk to your health care team if you think your medications might be causing you to gain or lose weight.

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
April 2012 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	June 2012 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	5 Weight _____ Cinco de Mayo
6	7	8	9	10	11	12 Weight _____
13	14	15	16	17	18	19 Weight _____
20	21	22	23	24	25	26 Weight _____
27	28 Memorial Day Outpatient Clinics Closed	29	30 National Veterans Golden Age Games, St. Louis, Missouri, May 30-June 4	31	Monthly Observances Better Hearing & Speech www.asha.org High Blood Pressure www.nhlbi.nih.gov Osteoporosis www.nof.org	

Follow healthy sleep habits.

- Try to go to bed and wake up at the same time every day, even on the weekends.
- When you wake up, be exposed to bright light.
- Try to get outside in natural sunlight for at least 30 minutes each day.
- Do regular exercise daily, but not within a few hours of bedtime.
- Try not to nap during the day. If you take naps, limit them to less than one hour. Don't nap later than 3 p.m.
- Do not have caffeine, alcohol, or nicotine within six hours of bedtime.
- Dim the lights in the house an hour or two before you go to bed.
- Wind down a half hour before bedtime. Follow a bedtime routine. Read. Listen to soft music. Take a warm bath.
- Keep your bedroom cool, dark, and quiet.
- Use your bed for just sleep and sexual activity.

Take the Epworth Sleepiness Scale quiz at the back of this calendar. Let your health care team know your score and about any sleep problems you have.



Get Enough Sleep

- Getting enough, quality sleep is as vital to good health and long life as are healthy eating and regular physical activity.
- Try to get about eight hours of sleep per night.

Healthy Living Goals

- Starting tonight, I will go to bed at the same time four to five nights a week.
- Starting this afternoon, I will not have nicotine, alcohol, coffee, sodas and other caffeine drinks within six hours of bedtime.
- I will pick one specific goal to improve my sleep habits. I will make it something I can get done and will set a start date.

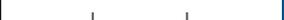


June 2012



Discuss with your health care team, medications and herbals you take. Ask if you are taking your medications at the right times during the day.

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
May 2012 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 2012 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	Monthly Observances Home Safety www.homesafetycouncil.org National Safety www.nsc.org			1	2 Weight _____ 
3	4	5	6	7	8	9 Weight _____ 
10	11	12	13	14 Flag Day	15	16 Weight _____ 
17	18	19	20 Summer Begins	21	22	23 Weight _____ 
24	25 National Veterans Wheelchair Games, Richmond, Virginia June 25-30	26	27	28	29	30 Weight _____ 

Be safe. Keep your family safe.

Prevent Falls

- Install handrails in stairways and next to toilets. Use grab bars and non-slip mats in your bathtub and shower.
- Keep walkways well lit and clear of electrical cords and clutter.
- Secure windows so your children cannot fall out of them.
- Let your health care team know if you have had a fall.



Drive Safely

- Focus on the road. It is not safe to talk on a cell phone or text message while driving.
- Buckle up each time you and those you care about ride in a car, truck, van, or motor home.
- Make sure you and your children wear helmets while riding on bicycles and motorcycles.

Follow Summer Safety Tips

- Never be out of reach of a child in or near the water. Make sure children wear approved flotation devices.
- Never let young children handle fireworks. Closely supervise older children who use fireworks. It is much safer to watch public fireworks shows put on by experts.

Get more safety tips from the National Safety Council at www.nsc.org.

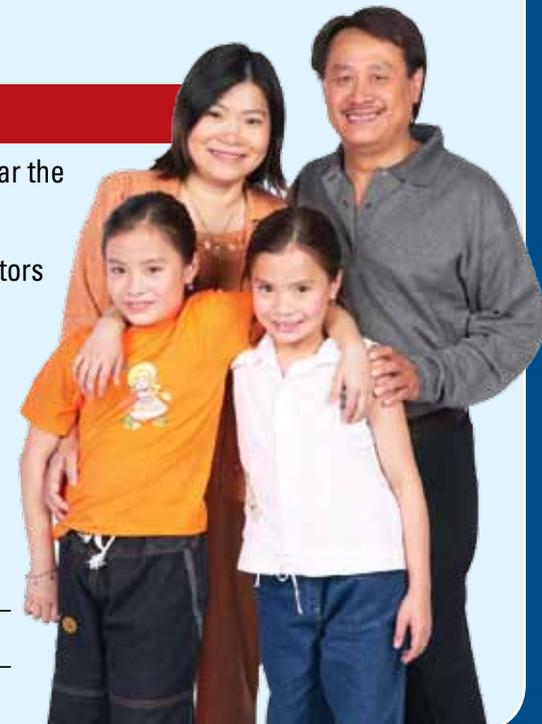


Be Safe

- There are actions you can take to protect yourself, your family, and others from harm.
- Ask your health care team if conditions you have or medications you take raise your risk for falls or make it unsafe for you to drive. Ask how to reduce the risk.

Healthy Living Goals

- Starting tomorrow, I will start to wear the helmet I bought for bike riding.
- Today, I will check the smoke detectors in my house to make sure they are working.
- I will pick one specific goal to help protect myself and my family. I will make it something I can get done and will set a start date.



July 2012



Drive sober or with a driver who is. Learn more safe driving tips from: www.safedriving.va.gov/resources/driving.asp.

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
1	2	3	4 Independence Day Outpatient Clinics Closed	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	31	June 2012 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	August 2012 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	Monthly Observances Eye Injury Prevention www.aao.org	

Manage your stress.

Tools to help you manage and reduce your stress include:

- **PTSD Coach.** Download this from: www.ptsd.va.gov/public/pages/PTSDCoach.asp. This is a smart phone app that has:
 - Tools to screen and track symptoms that occur after a trauma
 - Skills to help you learn to handle stress symptoms
 - Links to support and help
- **Relaxation Recording.** You can listen to this at www.prevention.gov/Manage_Stress.asp.
- **Relaxation Training.** Ask your health care team if your VA facility offers this.



Manage Stress

- Pay attention to stress.
- The VA has tools you can use to help you manage and reduce your stress. These tools are listed on the left side of this page.



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

Identify your stress triggers. Keep a Stress Trigger Log.

Trigger (what started or increased your stress)	Stress Level (0-10) 0 = not at all; 10 = overwhelming)	What can you do to cope?
Example: Waiting to see my health care provider.	6	Review my list of questions so I can express my needs.

Share your stress trigger log with your health care team.

Healthy Living Goals

- Being with my family helps to calm me. Starting today, I will start scheduling time each day to do something relaxing with my family.
- When I get stressed, I will take a deep breath in and let it out slowly. Then I will count to ten while I imagine a peaceful scene.
- I will pick one specific goal to help me manage my stress. I will make it something I can get done and will set a start date.

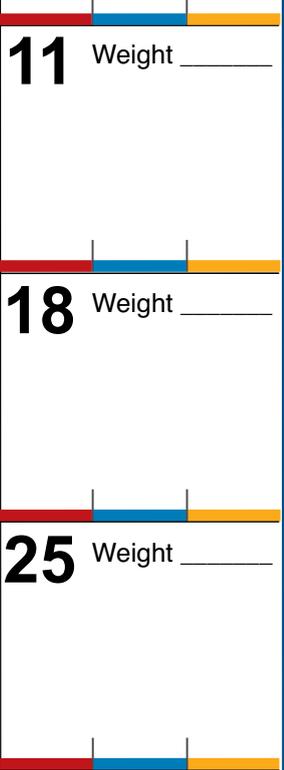


August 2012



Practice positive thinking. Socialize.
Make time for fun.

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
July 2012 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 2012 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 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	28	29	30	31	Monthly Observances Cataract Awareness www.aao.org Immunization Awareness www.cdc.gov

Screening tests can help save your life!

Cervical Cancer Screening

- Women ages 20-65 need a Pap test at least every three years. Ask your health care team when and how often you need this screening.
- This test can find cervical cancer and cells that can turn into cancer.

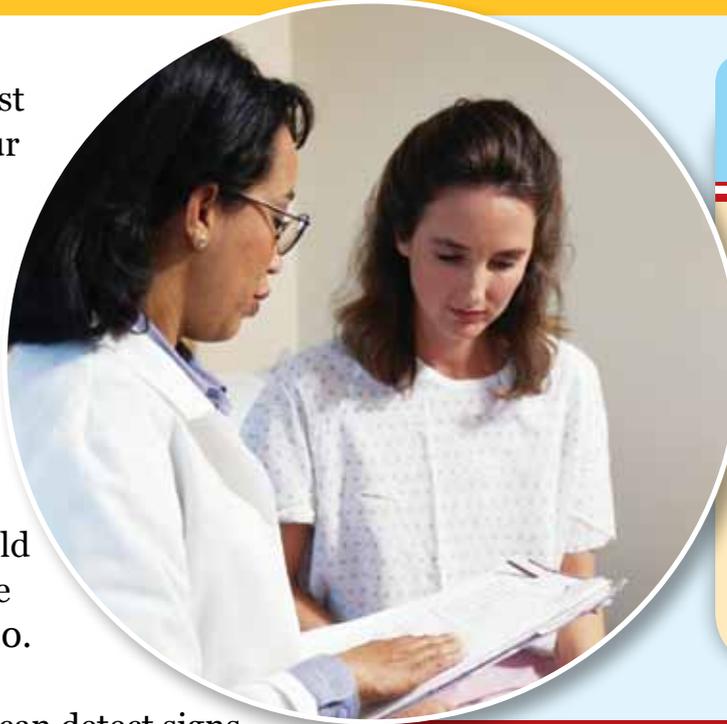
Colon and Rectal Cancer Screening

- Men and women ages 50-75 should get screened. Ask your health care team if you need this before age 50.
- Screening methods include:
 - Fecal occult blood testing. This can detect signs of cancer from a stool sample.
 - Colonoscopy. With this, a flexible lighted tube views your entire colon. Polyps (growths) that could turn into cancer can be removed during testing.

Prostate Cancer Screening

- Starting at age 50, men should discuss this screening with their health care team. African-American men and men with a family history of prostate cancer should start this discussion at age 45. Screening tests are a rectal exam and a blood test called a PSA.

LOOK for other screening tests in the “General Health Screening” chart at the back of this calendar.

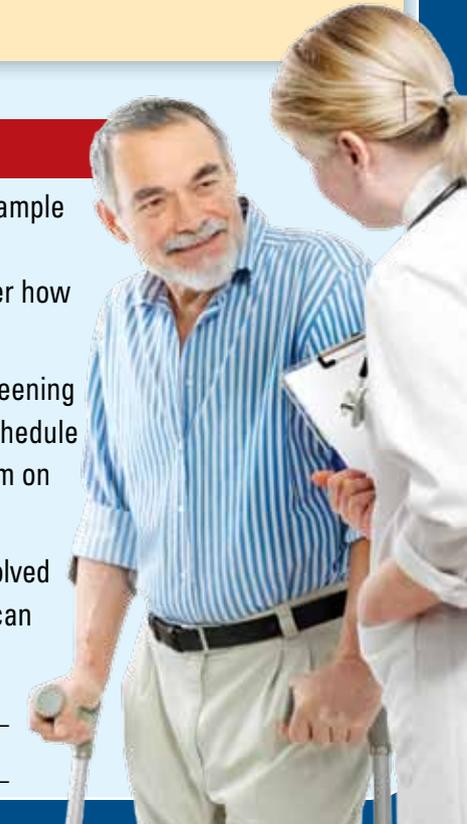


Get Screened

- Get recommended preventive screening tests.
- Preventive services and screening tests depend on your age, gender, health status, and family health history.
- Ask your health care team which screening tests are right for you.

Healthy Living Goals

- The same day I get my next stool blood test sample kit, I will put it in my bathroom. I will take the sample, as advised, and mail it back, no matter how unpleasant it is to do this.
- At my next clinic visit, I will find out what screening tests I need. By the end of that week, I will schedule to get them and write dates and times for them on my calendar.
- I will pick one specific goal to get me more involved with my health care. I will make it something I can get done and will set a start date.



September 2012



Ask your health care team if you are up-to-date with all of your health screenings.

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
August 2012 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	October 2012 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	Monthly Observances Cholesterol Education www.nhlbi.nih.gov Pain Awareness www.painfoundation.org				1 Weight _____ 
2	3 Labor Day Outpatient Clinics Closed	4	5	6	7	8 Weight _____ 
9	10	11	12	13	14	15 Weight _____ 
16 National Veterans Summer Sports Clinic, San Diego, California, September 16-21	17	18	19	20	21	22 Weight _____ Autumn Begins 
23	24	25	26	27	28	29 Weight _____ 
30						

The single best way to protect against the flu is to get a yearly flu vaccine.

- All persons older than six months of age should get a yearly flu vaccine.
- Flu season can begin as early as October and last as late as May. Each year, flu vaccine protects against three strains of viruses that are most likely to occur that flu season.
- There are two types of flu vaccine:
 - Flu shot
 - Nasal-spray flu vaccine. This is approved for use in healthy people ages two through 49 years of age who are not pregnant.
- Fact: You cannot get the flu from a flu vaccine.
- Get your vaccine as soon as you can when your VA clinic offers it.
- Remind family members to get their flu vaccines.
- You can also find local places that give flu vaccine from the Centers for Disease Control and Prevention (CDC) “Flu Vaccine Finder” 1-800-232-4636 or www.flu.gov.

Other Vaccines

LOOK for other vaccines listed in the “Vaccines for Adults” chart at the back of this calendar.

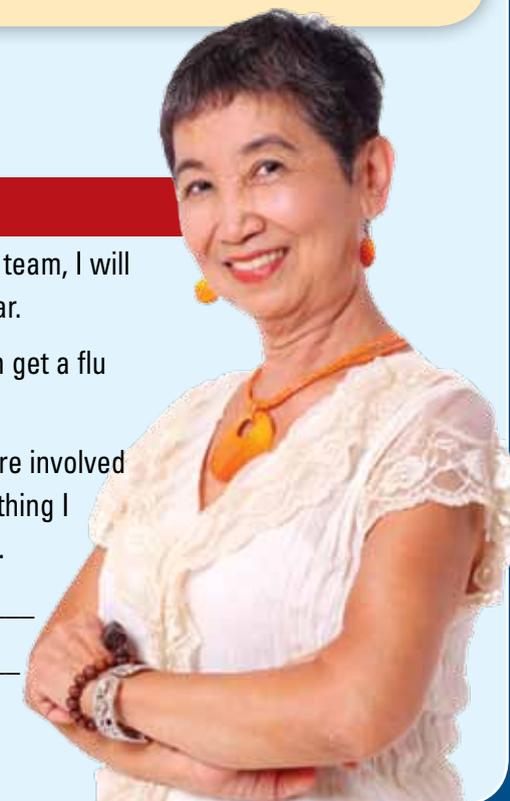


Get Immunized

- Get recommended vaccines.
- Vaccines you need depend on your age, gender, health status, and family health history.
- Ask your health care team which vaccines are right for you.

Healthy Living Goals

- The next time I talk to my health care team, I will find out what vaccines I need this year.
- Today, I will find out if and when I can get a flu shot at my VA clinic.
- I will pick one specific goal to get more involved in my health care. I will make it something I can get done and will set a start date.



Get help to stop using tobacco.

Ask your health care team how the VA can help you be tobacco free.

- Ask to be referred to a VA smoking cessation clinic.
- Use “Quit Tobacco – Make Everyone Proud” at www.ucanquit2.org/thinkingaboutquitting/veterans. At this site, you can:
 - Have a live chat with a tobacco quit coach.
 - Enroll in Train2Quit. This is a custom quit plan that helps you manage cravings, overcome weight gain, and cope with the effects of nicotine withdrawal.
 - Get support for staying tobacco-free.

Use these resources:

- National Cancer Institute’s Smoking Quit Line: 1-877-44U-QUIT (1-877-448-7848) www.cancer.gov/cancertopics/smoking
- National Network of Smoking Cessation Quit Lines: 1-800-QUIT-NOW (784-8669)
- Smokefree.gov: www.smokefree.gov
- Smokefree Women: www.womenshealth.gov/smoking-how-to-quit

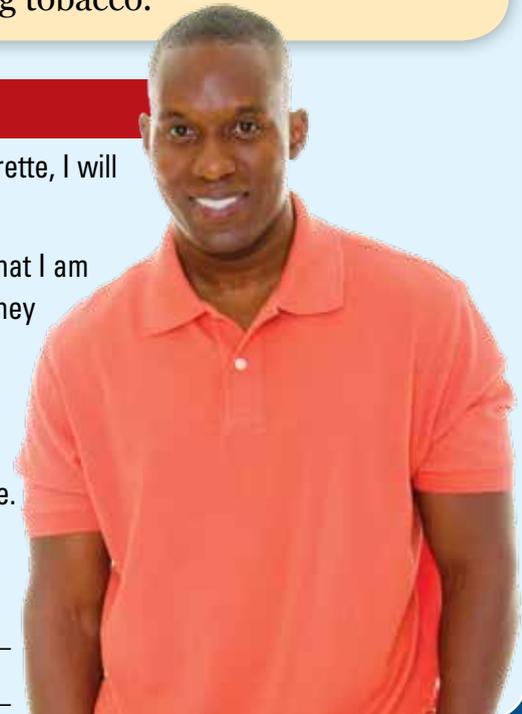


Quit Tobacco

- Be tobacco free!
- Don’t use tobacco in any form. Don’t smoke it, chew it, or snuff it. Don’t use electronic cigarettes.
- Avoid secondhand smoke. Even brief exposure can be harmful to your health.
- If you are pregnant, both you and your baby will benefit when you quit using tobacco.

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, so they can help me instead of offering me cigarettes.
- I will pick one specific goal to help my family and me to be tobacco free. I will make it something I can get done and will set a start date.



November 2012



Discuss the pros and cons of taking medication to help you quit using tobacco.

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
October 2012 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 2012 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 Weight _____
4 Daylight Saving Time Ends (Turn clocks back one hour.)	5	6	7	8	9	10 Weight _____
11 Veterans Day	12 Veterans Day Observed Outpatient Clinics Closed	13	14	15	16	17 Weight _____
18	19	20	21	22 Thanksgiving Day Outpatient Clinics Closed	23	24 Weight _____
25	26	27	28	29	30	Monthly Observances American Diabetes www.diabetes.org COPD Awareness www.aarc.org Lung Cancer Awareness www.alcase.org

What is one drink?

Did you know that each of the drinks, listed here, is one drink? Each of these has the same amount of alcohol.

- 12 ounces regular beer
- 12 ounces wine cooler
- 8 to 9 ounces malt liquor
- 5 ounces table wine
- 3 to 4 ounces of sherry or port wine
- 1.5 ounces 80-proof hard liquor (gin, vodka, whiskey)

Safe Drinking Tips

- Drink slowly. You tend to drink less.
- After you have drinks with alcohol, have ones without alcohol, examples are non-alcoholic beer and wine, low sodium tomato juice, or club soda.
- If you are concerned about your drinking, talk to your VA health care team about getting help.

Resources to Get Help

- Your VA health care team
- My HealthVet at www.myhealth.va.gov. Click on the “Mental Health” tab and then on “Alcohol Use Screening.”
- The Web site: www.afterdeployment.org



Limit Alcohol

- If you choose to drink alcohol, drink in moderation. This means:
 - No more than two drinks a day for men
 - No more than one drink a day for women and for men age 65 years and older
- Avoid “binge drinking.” This is more than four drinks on one occasion for men or more than three drinks on one occasion for women and for men age 65 years and older.

Healthy Living Goals

- Whenever I am drinking alcohol, I will ask my family and / or friends to help me stop at one or two drinks.
- After I drink my two beers, I will switch to non-alcoholic beer. I know there are some tasty ones now.
- I will pick one specific goal to help me limit alcohol. I will make it something I can get done and will set a start date.



December 2012



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

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
November 2012 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 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	Monthly Observances Drunk & Drugged Driving Prevention www.ncadd.com Red Ribbon Campaign www.nhtsa.dot.gov				1 Weight _____ 
2	3	4	5	6	7	8 Weight _____ 
9	10	11	12	13	14	15 Weight _____ 
16	17	18	19	20	21 Winter Begins	22 Weight _____ 
23	24	25 Christmas Day Outpatient Clinics Closed	26	27	28	29 Weight _____ 
30	31 New Year's Eve					

January 2013

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 2012 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	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	1 New Year's Day Outpatient Clinics Closed	2	3	4	5 Weight _____
6	7	8	9	10	11	12 Weight _____
13	14	15	16	17	18	19 Weight _____
20	21 Martin Luther King Jr. Day Outpatient Clinics Closed	22	23	24	25	26 Weight _____
27	28	29	30	31		

Healthy Living Goals for 2013



- Give yourself a pat on the back for every healthy living goal you met throughout 2012!
- Give credit to family members, too.
- Start planning goals for you and your family for 2013. Here are some examples:
 - Get flu vaccines if you and your family members have not gotten them yet.
 - Schedule other vaccines and screening tests that were missed in 2012.
 - Plan vacations that include physical activity.

Write your Healthy Living Goals for 2013:

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This questionnaire refers to your chance of falling asleep, according to your usual way of life. Even if you have not done some of these things recently, try to estimate how they would have affected you during the last two weeks.

Use the scale, listed below, to choose the best number for each situation. Write that number in the “My Answer” column.

Scale:

0 = No chance of dozing 2 = Moderate chance of dozing
1 = Slight chance of dozing 3 = High chance of dozing

Situation	Chance of Dozing				My Answer
Sitting and reading	0	1	2	3	
Watching TV	0	1	2	3	
Sitting inactive in a public place, such as a theater or in a meeting	0	1	2	3	
As a passenger in a car for an hour without a break	0	1	2	3	
Lying down to rest in the afternoon when conditions permit	0	1	2	3	
Sitting and talking to someone	0	1	2	3	
Sitting quietly after lunch without alcohol	0	1	2	3	
In a car, while stopped for a few minutes in traffic	0	1	2	3	

Total Epworth Score

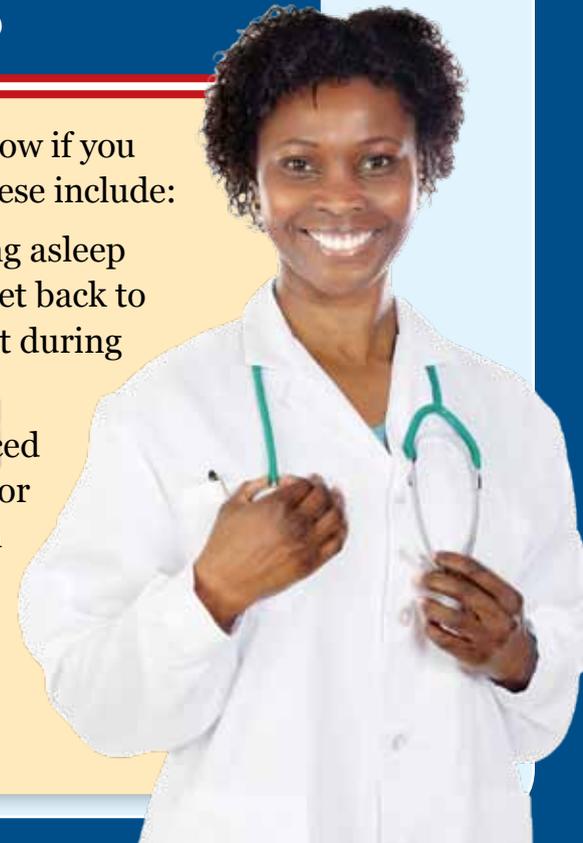
Scoring

- 7 or less = You have a normal amount of sleepiness.
- 8 to 9 = You have an average amount of sleepiness.
- 10 to 15 = You may be extremely sleepy depending on the situation and you may want to seek medical attention.
- 16 and higher = You are extremely sleepy and should seek medical attention.

Get Enough Sleep

Let your health care team know if you have any sleep problems. These include:

- You have a hard time falling asleep or you wake up and can't get back to sleep. Or, you wake up a lot during the night.
- A family member has noticed that your breathing stops for short periods of time when you sleep.
- You snore loudly or make snorting sounds when you sleep on your back.



Warning Signs for Health Problems

Let your health care team know if you have any of the following signs or any other problems that affect your health.

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

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.

Diabetes Warning Signs

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



Signs & 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.

To Do Now

Prepare an action plan in case of a heart attack. Talk to your VA health care team about ways to lower your risk for a heart attack. Fill out a "Heart Attack Survival Plan" wallet card. Get one from your health care team or at www.houston.va.gov/houston/docs/heartattack/wallet.pdf.

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

General Health Screenings

Health tests screen for problems which are easier and less costly to treat when found early. Early treatment helps prevent more serious problems. Tests also monitor how a health problem is responding to treatment. General guidelines are listed below. Follow your health care team's advice for health screenings.

Screening Test or Exam	How Often	Date Last Given
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	Yearly	_____
Alcohol, depression, tobacco	Yearly	_____
For Women		
Cervical Cancer	At least every 3 years ages 20-65. As advised after age 65.	_____
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.	_____ _____
Osteoporosis	Start at age 65 (sooner if at risk)	_____
For Men		
Prostate Cancer	Ask your health care team when to talk about the pros and cons for this screening.	_____
Abdominal Aortic Aneurysm	One-time screening between ages 65-75 if ever smoked	_____
For Persons with Diabetes		
A1C Blood Test	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:
Agency for Health Care Research and Quality | www.ahrq.gov

Vaccines for Adults

Vaccines	How Often	Date Last Given
Flu	Yearly	_____
Tetanus / Diphtheria / Pertussis	Tdap (1 dose) if not had in the past. Td booster every 10 years.	_____
Varicella (Chicken pox)	2 doses if no history of immunity to chicken pox	_____
Human Papillomavirus (HPV)	3 doses for women ages 19-26	_____
Measles, Mumps, Rubella (MMR)	1 or 2 doses ages 19-49 years if no history of immunity to MMR	_____
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
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	_____	_____
Weight		_____	_____
Blood sugar		_____	_____
Heart rate		_____	_____
Pain (0-10) 0 = no pain; 10 = worst pain		_____	_____
Pulse oximetry (Discuss with health care team)		_____	_____

Health Care 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 Health Care Team Clerk: _____

My Mental Health Care Provider: _____

My VA Facility: _____

Make an Appointment Phone #: _____

Cancel an Appointment Phone #: _____

My Pharmacist: _____

Pharmacy Refill: _____

VA Tele-Nurse: _____

Patient Representative (Advocate): _____

Transportation Service: _____

Others: _____

My Health Insurance Information

Name: _____

Address: _____

Phone #: _____

Policy #: _____

2012: This Year at a Glance

January

Su	M	T	W	Th	F	Sa
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				

February

Su	M	T	W	Th	F	Sa
				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		

March

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

Su	M	T	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

Su	M	T	W	Th	F	Sa
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August

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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

Su	M	T	W	Th	F	Sa
						1
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23	24	25	26	27	28	29
30						

October

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21	22	23	24	25	26	27
28	29	30	31			

November

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

Su	M	T	W	Th	F	Sa
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
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30	31					

2013: Next Year at a Glance

January

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		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		

February

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					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		

March

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

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

May

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

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

July

Su	M	T	W	Th	F	Sa
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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			

August

Su	M	T	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

Su	M	T	W	Th	F	Sa
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					

October

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	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		

November

Su	M	T	W	Th	F	Sa
					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

December

Su	M	T	W	Th	F	Sa
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				

VA Resources	Phone Numbers	Web Sites
Veteran Benefits	1-800-827-1000	www.va.gov
Health Eligibility & Enrollment	1-877-222- VETS (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
Center for Women Veterans	Call Your VA Facility	www.va.gov/womenvet
Devices for the Deaf (TDD)	1-800-829-4833	
Education Benefits & Services	1-888-442-4551	www.gibill.va.gov
Gulf War Vet Helpline	1-800-749-8387	www.va.gov/gulfwar
Homeless Veterans	1-877-424-3838	www.va.gov/homeless
Home Loans	1-888-244-6711	www.homeloans.va.gov
Life Insurance	1-800-669-8477	www.insurance.va.gov
Mental Health	Call Your VA Facility	www.mentalhealth.va.gov
MOVE! Program	Call Your VA Facility	www.move.va.gov
MyHealtheVet	Call Your VA Facility	www.myhealth.va.gov
National Center for Posttraumatic Stress Disorder (PTSD)	1-802-296-6300	www.ncptsd.va.gov
Returning OEF/OIF/OND Service Members	1-800-827-1000	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
VA Public Health		www.publichealth.va.gov
Veterans Crisis Line	1-800-273-8255 (Press 1)	www.veteranscrisisline.net
Women Veterans Health Care	Call Your VA Facility	www.womenshealth.va.gov



VA Sunshine Healthcare Network

www.visn8.va.gov



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 * 800-308-8387

Orlando VA Medical Center

5201 Raymond Street
 Orlando, FL 32803
 407-629-1599 * 800-922-7251

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
 561-442-8262 * 800-972-8262