

VA



U.S. Department of Veterans Affairs
Veterans Health Administration

KNOW YOUR VA | New Patient Orientation

Know Your VA

Quick Guide-Health and Wellness Opportunities

Healthy Living: My Health Classes

HEALTH: YOU AS A WHOLE PERSON

- ▶ *What REALLY matters to you in your life?*
- ▶ *What is your vision of your best possible health?*
- ▶ *What can you do to improve your health and well-being?*

For more information regarding the new "My Health" class or other health education opportunities, call (850) 912-2209 or (850) 912-2212



Veterans will learn how to create SMART health and wellness goals, develop action plans, and positively address challenges based upon what really matters to them.

For more information, contact your PACT RN Care Manager or call (850) 912-2209 or (850) 912-2212.

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