

VA



U.S. Department of Veterans Affairs
Veterans Health Administration

KNOW YOUR VA | New Patient Orientation

Know Your VA

Accessing Programs and Services at the Gulf Coast Veterans Health Care System (GCVHCS)

Health and Wellness Opportunities

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Health and Wellness: Welcome

Welcome to the Gulf Coast Veterans Health Care System and thank you for your military service to the United States of America.

We are truly honored you have chosen to entrust the VA with your health care service needs.

We want to help you “Know Your VA.”

The purpose of this presentation is to help our Veteran clients learn more about health and wellness resources and opportunities.

The logo for the U.S. Department of Veterans Affairs, featuring the letters 'VA' in a bold, white, sans-serif font.

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Health and Wellness: Veteran-Centered Plans of Care

In our quest to provide Veteran clients with proactive, patient-centered, patient-driven health care, clinical staff are committed to discuss and develop Veteran-centered plans of care that address the following questions:

- 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?
- How can your health care team partner with you to optimize your health and wellness?

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Health and Wellness: Veteran-Centered Plans of Care

Optimizing the health and wellness of our Veteran clients is at the heart of VA health care.

The VA and GCVHCS have multiple resources to help you live a healthier life.

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Veterans Health Library (VHL)

U.S. Department of Veterans Affairs
Veterans Health Library

Health Benefits Burials & Memorials About VA Resources Media Room Locations Contact Us

My healthvet Veterans Health Library
Your source for health information

En Español

Living Well Diseases & Conditions Tests & Treatments Medications Rehabilitation Mental Health Library Living With... Additional Resources

Search Health Library...

HEALTH ENCYCLOPEDIA
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

What's New to the VHL
Did you hear? There is something new on the Veterans Health Library. Take a peek!
[Medication videos](#)
[Healthy living videos](#)
[Resources for Aging Veterans](#)

Help improve the VHL. Share your opinions! Click here for brief survey

Web Tour Video

The VHL contains more than 1500 print resources and 150 videos on a variety of health and wellness topics including:

- Diseases and conditions
- Medications
- Much more

The VHL may be accessed the via the internet at

<http://www.veteranshealthlibrary.org/>



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Healthy Living: Online Resources

Embracing these health behaviors may help you live a significantly longer and better life!

VA's Healthy Living Messages

- | | |
|-----------------------------------|--|
| • Be involved in your health care | • Limit alcohol |
| • Be tobacco free | • Be safe |
| • Eat wisely | • Manage stress |
| • Be physically active | • Get suggested screening tests and vaccines |
| • Aim for a healthy weight | |

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Healthy Living: Online Resources

For more information, contact your RN Care Manager or visit the Veterans Health Library and select the “Living Well” tab at this link:

<http://www.veteranshealthlibrary.org/HealthyLiving/>

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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



MMS 16-24408, 5/2016V

The My Health class provides Veteran clients with an opportunity to explore health and wellness in a new way.

In the My Health approach, health and wellness are centered around the voice of the Veteran.

YOUR MISSION
FOR LIFE



GULF COAST VETERANS HEALTH CARE SYSTEM

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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



NMS 16-24408, 5/2016V

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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Healthy Living: Health & Wellness Classes

GCVHCS offers many classes to improve Veteran knowledge regarding access, health, and wellness:

- “Know Your VA” / New Patient Orientation
- Diabetes Self-Management Education
- Quit Tobacco
- MOVE! – Nutrition and Weight Management
- Tai Chi
- And More

U.S. Department of Veterans Affairs

Health Benefits Burials & Memorials About VA Resources Media Room Locations Contact Us

VA » Health Care » Gulf Coast Veterans Health Care System

Gulf Coast Veterans Health Care System

Home

- Patients & Visitors
- Become a Patient
- Locations & Directions
- Health Care Services
- Health Care Providers
- News & Events
- Jobs & Careers
- About Us
- Contact Us
- Volunteer or Donate
- Operating Status
- Staff, Clinicians and Trainees

Welcome
Honoring America's Veterans with quality health care services, part of the largest integrated health care ...
[Learn more >](#)

Gulf Coast Veterans Health Care System
400 Veterans Avenue
Biloxi, MS 39531
228-523-5000 | 800-296-8872
[Directions](#)

CONNECT WITH GULF COAST VETERANS HEALTH CARE SYSTEM

Facebook Twitter

Subscribe to Receive Email Updates

Email Address

Telephone Care:
228-523-4533
800-929-7690
Available 24 hours a day - 7 days a week
[More toll-free numbers](#)

RESOURCES

Current News

A Message from the Director-The Director shares how we at Gulf Coast can serve you better.

Warrior to Soul Mate(W2SM) Relationship Workshop for Couples.
[Register now for upcoming workshops](#)

VA Mobile-Veterans Appointment Request (VAR) App. . Your Life, Your Health, Your Schedule. [Learn More](#)

Eglin VA clinic expansion contract awarded, construction to begin soon
The Department of Veterans Affairs Gulf Coast Veterans Health Care System is pleased to announce the contract award to expand the outpatient clinic near Eglin Air Force Base. The expansion will nearly double the clinic's current size to approximately 34,000 square feet. [Read more](#)

Veterans Crisis Line
1-800-273-8255 PRESS 1

My healthvet

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Healthy Living: Health & Wellness Classes

For a complete listing of class locations, dates, and times, please contact your PACT RN Care Manager or refer to the calendar of events on the GCVHCS home page at <https://www.biloxi.va.gov/>

The screenshot shows the website for the Gulf Coast Veterans Health Care System. At the top, there is a navigation bar with links for Health, Benefits, Burials & Memorials, About VA, Resources, Media Room, Locations, and Contact Us. Below this is a search bar and a 'SITE MAP [A-Z]' link. The main content area features a large banner with an aerial view of the facility and a 'Welcome' message. To the right of the banner is contact information for the Gulf Coast Veterans Health Care System, including the address (400 Veterans Avenue, Biloxi, MS 38531), phone numbers (228-523-5000 and 800-296-8872), and a 'Directions' link. Below the banner is a 'CONNECT WITH GULF COAST VETERANS HEALTH CARE SYSTEM' section with social media links for Facebook and Twitter, and a 'Subscribe to Receive Email Updates' form. The 'Current News' section contains three articles: 'A Message from the Director', 'Warrior to Soul Mate (W2SM) Relationship Workshop for Couples', and 'VA Mobile-Veterans Appointment Request (VAR) App'. A sidebar on the left lists various services and resources. The bottom of the page includes a 'RESOURCES' section and a footer with the date and time (3:04 PM 8/8/2017).

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Healthy Living: My HealtheVet (MHV)

https://www.myhealth.va.gov/

Home - My HealtheVet

U.S. DEPARTMENT OF VETERANS AFFAIRS
VA Home

My healthevet

VA Facility Locator About MHV RSS Feeds Help FAQs Contact MHV Search My HealtheVet SEARCH

HOME PERSONAL INFORMATION PHARMACY RESEARCH HEALTH GET CARE TRACK HEALTH MHV COMMUNITY

Pharmacy
Refill your VA prescriptions, track delivery, view a list of your VA medications with instructions and other details.
[Read More](#)

Appointments
Keep track of your upcoming VA medical appointments and get email reminders.
[Read More](#)

Messages
Communicate securely online with your VA health care team and other VA staff about non-emergency information or questions.
[Read More](#)

Health Records
View, print, or download a copy of your VA medical record information, or enter your own health information.
[Read More](#)

Resources

- Benefits
- Veterans Health Library
- Community
- Mental Health
- Healthy Living
- HealththeLiving Assessment

Quick Links

- eBenefits
- Hearing Aid Batteries (eBenefits)
- Online Bill Payments
- VA Mental Health Services
- Authentication
- How to Use My HealtheVet
- VA Denial Insurance
- Most Requested Forms
- Women Veterans Health
- Mobile Apps

Veteran Appointment Request (VAR) App
Your Life Your Health Your Schedule
Get the app!

Veterans Crisis Line
1-800-273-8255 PRESS 1

Subscribe to Receive My HealtheVet Updates
Email Address

In the Spotlight
Ask a Pharmacist. Get Answers to your VA Pharmacy Questions

4:30 PM 8/8/2017

My HealtheVet (MHV) is an online program that contains tools for partnering with your PACT and managing your care.

To open a **My HealtheVet** account:

- Register online at <https://www.myhealth.va.gov/>
- Authenticate with a Release of Information (ROI) Clerk
- Opt in for a premium account

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Healthy Living: My HealtheVet Tools and Resources

- **Communicate with VA clinicians via Secure Messaging**
- **Complete/Update a HealtheLiving Assessment**
- **View Labs (Hematology & Chemistry)**
- **View Health Calendar**
- **Track Appointments**
- **View Wellness Reminders**
- **View VA Allergies and Self Enter**
- **Refill Active Medication**
- **View/Print Medication History**
- **Review Patient Education Materials (e.g. Veterans Health Library)**
- **Enter Personal Health Metrics (e.g. weight)**
- **Record Health Journals**
- **Download and Print portions of VA Electronic Health Records**
- **And much more**

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Healthy Living: My HealthVet (MHV)

https://www.myhealth.va.gov/ Home - My HealthVet

VA Facility Locator About MHV RSS Feeds Help FAQs Contact MHV Search My HealthVet

Pharmacy Refill your VA prescriptions, track delivery, view a list of your VA medications with instructions and other details. [Read More](#)

Appointments Keep track of your upcoming VA medical appointments and get email reminders. [Read More](#)

Messages Communicate securely online with your VA health care team and other VA staff about non-emergency information or questions. [Read More](#)

Health Records View, print, or download a copy of your VA medical record information, or enter your own health information. [Read More](#)

Resources

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- Mental Health
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Quick Links

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- VA Mental Health Services
- Authentication
- How to Use My HealthVet
- VA Dental Insurance
- Most Requested Forms
- Women Veterans Health
- Mobile Apps

Veteran Appointment Request (VAR) App
Your Life Your Health Your Schedule
Get the app!

Veterans Crisis Line
1-800-273-8255 PRESS 1

Subscribe to Receive My HealthVet Updates
Email Address

The HealthLiving Assessment (HLA) is a confidential online tool that asks questions about your personal and family health history and lifestyle choices, and provides you with:

- a “health age”
- personalized reports on your overall health and risk of certain disease
- recommendations on how to improve your health and lower your disease risk

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Gulf Coast Veterans Health Care System: Media Sites



Facebook

<http://www.facebook.com/VAbiloxi>



Twitter

<http://twitter.com/vabiloxi>

Website

www.biloxi.va.gov