

## Explore Health Topics

[Health Insurance](#)

[VA MISSION Act](#)

[VA Medical Centers](#)

[Veteran Outpatient Clinics](#)

[Medical Concerns](#)

[Rehabilitation](#)

## Explore Health Resources

Articles

### [Virginia Veterans Resource Guide](#)

The Veterans Resource Guide is your roadmap to veterans benefits in the Commonwealth of Virginia. It is filled with useful information on the programs and services offered by the Virginia Department of Veterans Services (DVS) and other state agencies.

Source

[Virginia Department of Veterans Services](#)

---

## Recent Health Articles

### Recent Health Articles

Article

### [Protecting Yourself and Others with Vaccinations](#)

The best way to protect ourselves from respiratory illness is with vaccinations. Vaccines can help protect from flu, RSV, COVID-19 and pneumococcal pneumonia. These vaccines are available free of charge to Veterans receiving care at VA.

Source

[VA News](#)

Article

## **VA Leads the Way in Exposure-Informed Care**

For years, Veterans have returned home with invisible scars—illnesses and conditions caused by exposure to toxic substances. The passage of the PACT Act (Promise to Address Comprehensive Toxics) marked a transformative step in addressing care gaps Veterans were facing after returning home from combat.

Source

[VA News](#)

Article

## **Six Apps to Help Veterans Manage Stress**

Explore apps and tools that offer education about PTSD and related mental health concerns.

Source

[VA News](#)

Article

## **VA Resource Navigator: Finding VA Resources**

Veterans often have questions about VA services and benefits. Whether they have recently exited military service or have been separated for years, VA is here to help Veterans navigate benefit entitlements and take an active role in their health care.

Source

[VA News](#)

Article

## **Tips for Organizing a Medical History**

It's important for caregivers to organize health information in case of medical emergencies. Learn about easy tips for ensuring you have the information you need.

Source

[Today's Caregiver](#)

Article

## **VA Home and Community Based Services**

There are a range of VA home and community-based services to support eligible Veterans and their Caregivers.

Source

[U.S. Department of Veterans Affairs](#)

## **More for You**

### **Features**

- [Ask an Expert](#)
- [AgingCare.com Veterans Forum](#)
- [U.S. Military Acronyms](#)

### **Staying Connected**

- [Veterans Caregiver Resource Page](#)
- [Veterans Crisis Line](#)
- [Virginia Values Veterans \(V3\) Transition Program](#)

[View PDF](#)