

As a Veteran you may face specific medical conditions and concerns incurred during or related to your active military service. Learn more about various health conditions, treatment options, and recommendations.

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Books & Guides

Paralysis Resource Guide 2023

The Paralysis Resource Guide was created by the Christopher & Dana Reeve Foundation National Paralysis Resource Center (NPRC), offers comprehensive information and connections.

Source

[Christopher & Dana Reeve Foundation](#)

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

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](#)

Article

Community care: Who is eligible and how you can access it

As a Veteran, you have more choices than ever when it comes to your health care. Your appointment can be in-person at a VA medical center, or you might choose to meet with your VA provider through a video appointment or over the phone. You may also be eligible for care with community provider.

Source

[VA News](#)

Article

Podcasts on Veterans' Issues Fill the Airwaves with Important Messages

Veterans can benefit from assorted types of media outreach that familiarize them with their issues of concern. Whether it's by video, radio or podcast platforms, there's never a shortage of topics to communicate to Veterans.

Source

[VA News](#)

Links

Cohen Veterans Network (CVN)

Source

[Cohen Veterans Network \(CVN\)](#)

Article

The PACT Act and Your VA Benefits

The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits and other toxic substances.

Source

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

Article

You're Not Alone Videos and Resources for Family Caregivers for ALS, MS, Parkinson's, and Huntington's Diseases

You're Not Alone videos and resources for Family Caregivers for ALS, MS, Parkinson's, and Huntington's Diseases.

Source

[Family Caregiver Alliance](#)

Article

Talking With Your Doctor or Health Care Provider

Clear and honest communication between you and your physician or health care team can help you both make informed choices about your health.

Source

[National Institutes of Health](#)

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