

## **Medical Concerns**

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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Links

## **ALS Insurance Navigator**

Source

[ALS Insurance Navigator](#)

Article

## **Veteran Virtual Mental Health Support**

Virginia Veteran and Family Support (VVFS) has teamed up with Cabana—a virtual support platform that brings accessible, live mental health and wellness support to military-connected individuals, including service members, veterans, and their families.

Source

[Virginia Department of Veterans Services](#)

Article

## **Get Involved ~ VA's Million Veteran Program**

For many people, the new year marks a chance to reevaluate priorities, schedules and hobbies. The VA's Million Veteran Program shares ways to feel involved in your community.

Source

[VA News](#)

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](#)

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](#)

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