

In This Issue:

Veterans Health Library

Women Veterans

The New Veteran Health Identification Card is here!

Calendar of Events – March 2014.....



Your one-stop for Veterans health information

The [Veterans Health Library](http://www.veteranshealthlibrary.org/) offers Veterans, family members, and caregivers 24/7 access to comprehensive, Veteran-focused health information. The library is filled with health information to help Veterans stay well and well-informed; on health topics specific to Veterans, PTSD, combat related Traumatic Brain Injury, Agent Orange, and much more. There are over 1,500 health sheets, over 150 videos, Go-to-Guides, and Flipbooks – all available to Veterans, their family members, and the public, no matter where the Veteran receives care. For more information log on at:

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

Women Veterans

The health care of women Veterans – and delivering services to meet their distinct health care needs – is a top priority for VA. VA medical facilities across the Network have embraced this mission and strive to lead the nation in providing health care for women in safe, private environments that provide accessible, high-quality, patient-centered care.

We encourage all women Veterans to apply for VA care. VA provides outstanding service for eligible women Veterans and we want them to know we are doing our best to anticipate and adjust not only to the coming increase in women Veterans, but also to the accompanying complexity and longevity of treatment needs they bring to us.

VA Specialized Services for Women Veterans

- Care for acute and chronic illness
- Gender-specific primary care
 - Breast cancer screening
 - Cervical cancer screening
 - Human Papillomavirus (HPV) vaccine
- Preventative health service
- Reproductive health service
 - Birth control
 - Infertility evaluation and limited treatment
 - Obstetrical care
 - Menopausal support
- Mental health service
- Coordination of care
- Military Sexual Trauma (MST Care)
 - Free, confidential counseling
 - Treatment for mental and physical condition related to MST

For more information contact the Women Veterans Coordinator at your local VA medical facility.

The New Veteran Health Identification Card is here!

The new Veteran Health Identification Card (VHIC) provides

- **Increased security** – there is no personal identifiable information on the magnetic strip or barcode.
- **Salutes Military Service** – The emblem of your latest branch of service is displayed on your card.



Getting the New Card is Easy –

On February 21, 2014, VA began issuing the Veteran Health Identification Card (VHIC) to newly enrolled Veterans and enrolled Veterans who were not previously issued a Veterans Identification Card (VIC) but requested an identification card.

Beginning in April 2014, VA will automatically mail a VHIC to enrolled Veterans who were issued the VIC.

Enrolled Veterans who do not have the VIC can contact their local VA medical center's enrollment coordinator to arrange to have their picture taken for the new VHIC. Or, you may request a new VHIC at your next VA health care appointment. Veterans who are already enrolled should ensure the address on file with VA is correct so you can receive your VHIC in a timely manner. To update or confirm your address with VA, call 1-877-222-8387. If the post office cannot deliver your VHIC, the card will be returned to VA. For more information, check out VAs VHIC webpage at <http://www.va.gov/healthbenefits/vhic/>

What do I do if I do not receive my new VHIC?

You should receive your VHIC within 7 to 10 days after you apply for enrollment. Although we strive to do all we can to ensure we enroll Veterans in a timely manner, sometimes we are either unable to verify your military service or we need additional information from you. If so, we will try to contact you to get the information we need to complete your enrollment application. If we are unable to reach you, we encourage you to contact the local VA facility where the card was requested or contact us at 1-877-222-8387 to complete your application and find out the status of your card.

What do I do with my old VIC?

VA wants all enrolled Veterans to have a Veteran Health Identification Card that protects their personal information. Until Veterans receive the new, more secure VHIC, Veterans are encouraged to safeguard their old VIC, just like they would a credit card, to prevent unauthorized access to their identifiable information. Once the new VHIC is received, Veterans should destroy their old VIC by cutting it up or shredding it.

What do I do if my VHIC is lost or stolen?

If your VHIC is lost or stolen, you should contact the VA medical facility where your picture was taken to request a new card be re-issued, or call VA at 1-877-222-8387. Identifying information will be asked to ensure proper identification of the caller.

Will Veterans in receipt of the old VIC need to come in to have their picture taken for the new VHIC?

No. Veterans who have the old VIC will automatically have their new VHIC mailed to them. No action by the medical centers is needed. Remember, we will not begin mailing the replacement VHICs until April. We expect the mailing of 6 million VHICs to take about three months.

Calendar of Events – March 2014

- Mar 1 Sioux Falls** - [24th Annual VA Variety Show](#) - 2:00 PM - 4:00 PM (CST) 4th floor auditorium
- Mar 1 St. Cloud** - [Women's Wellness Expo](#) - 9:00 AM - 2:30 PM (CST) Montevideo TACC
- Mar 1 St. Cloud** - [Central Minnesota Wellness Expo](#) - River's Edge Convention Center
- Mar 3 St. Cloud** - [Veterans Affairs Radio Show](#) - 8:10 AM - 8:45 AM (CST) KNSI AM 1450/FM 103.3
- Mar 3 Nebraska** - [VA Food Pantry](#) - 10:00 AM - 11:30 AM (CST) VA Clinic, Bldg. 40, Room 105, 600 S. 70th St, Lincoln NE
- Mar 4 Sioux Falls** - [2nd Annual Veterans & Employees Arts & Craft Show](#) - 2:00 PM - 4:00 PM (CST) 4th floor Auditorium
- Mar 4 St. Cloud** - [Veterans' Law Clinic](#) - 12:00 PM - 2:00 PM (CST) St. Cloud VA Medical Center, Building 28, Room 126
- Mar 5 Nebraska** - [Omaha VA Pantry for Veterans](#) - 10:00 AM - 12:00 PM (CST) 825 Dorcas St, Ste. 200, Omaha
- Mar 5 St. Cloud** - [Mille Lacs County Community & Veterans Service Providers Fair](#) - 10:00 AM - 11:30 AM (CST) Community & Veteran Services Building, Milaca
- Mar 7 Minneapolis** - [Red Cross Blood Donation at the Minneapolis VA](#) - 8:00 AM - 2:00 PM (CST) 2nd Floor Flag Atrium
- Mar 7 Sioux Falls** - [Tobacco Cessation](#) - 2:00 PM - 3:00 PM (CST) Room F07 in the Main Lobby
- Mar 7 St. Cloud** - [St. Cloud Home Show](#) - 12:00 PM - 9:00 PM (CST) River's Edge Convention Center
- Mar 8 Sioux Falls** - [Service of Remembrance](#) - 1:30 PM - 2:30 PM (CST) Front Lobby
- Mar 8 St. Cloud** - [St. Cloud Home Show](#) - 9:00 AM - 7:00 PM (CST) River's Edge Convention Center
- Mar 9 St. Cloud** - [St. Cloud Home Show](#) - 10:00 AM - 4:00 PM (CST) River's Edge Convention Center
- Mar 11 Minneapolis** - [Military Commander's and Sr. Enlisted Forum](#) - 9:00 AM - 12:00 PM (CST) Bishop Henry Whipple Federal Building, Fort Snelling, MN
- Mar 13 Minneapolis** - [War Dogs: The Birth of the K-9 Corps](#)
- Mar 14 Minneapolis** - [Red Cross Blood Donation at the Minneapolis VA](#) - 8:00 AM - 2:00 PM (CST) 2nd Floor Flag Atrium
- Mar 14 Nebraska** - [Free Income Tax assistance for Veterans and VA employees](#) - 10:00 AM - 4:00 PM (CST) 600 S. 70th St, Lincoln, Neb (auditorium)
- Mar 14 Sioux Falls** - [Tobacco Cessation](#) - 2:00 PM - 3:00 PM (CST) Room F07 in the Main Lobby
- Mar 19 Nebraska** - [Omaha VA Pantry for Veterans](#) - 825 Dorcas St, Ste. 200, Omaha, NE
- Mar 21 Nebraska** - [VA CoffeHaus](#) - 600 S. 70th St, Lincoln, Neb (canteen on lower level)
- Mar 21 Minneapolis** - [Red Cross Blood Donation at the Minneapolis VA](#) - 8:00 AM - 2:00 PM (CST) 2nd Floor Flag Atrium
- Mar 21 Sioux Falls** - [Drop-in Legal Service for Veterans](#) - 9:00 AM - 3:00 PM (CST) 4th floor auditorium
- Mar 21 Sioux Falls** - [Tobacco Cessation](#) - 2:00 PM - 3:00 PM (CST) Room F07 in the Main Lobby
- Mar 28 Minneapolis** - [Red Cross Blood Donation at the Minneapolis VA](#) - 8:00 AM - 2:00 PM (CST) 2nd Floor Flag Atrium
- Mar 28 Sioux Falls** - [Tobacco Cessation](#) - 2:00 PM - 3:00 PM (CST) Room F07 in the Main Lobby

* Dates and times are correct as of February 25, 2014. Information may have changed, please check local VA Health Care System websites for the latest information.