

## VA VIDEO APPOINTMENTS

William Pratt, a 79-year-old U.S. Navy Veteran, is no stranger to virtual care with the VA. He has been using Home Telehealth for years to keep his overall health in check. Recently though, he also started using video appointments (VA Video Connect) to connect with his VA doctor face-to-face.

With Home Telehealth, William has a device in his home that allows him to check his overall health every day. The Butler VA connects with him using this messaging device from the comfort of his own home if there are any questions or concerns about his vital signs.

William has participated in about five appointments to date using VA Video Connect (VVC). VVC is a mobile application (app) that enables Veterans to connect to a virtual medical room. In the virtual medical room, Veterans participate in video health care visits where a hands-on physical examination is not required. Veterans access their provider on a scheduled date and time – just like a face-to-face meeting in a clinic exam room.

“I enjoy the face-to-face best [over video]. They can see me,

and I can see them,” said William. “I enjoy the VA. They’ve done a lot for me. This saves us both time and money.”

VVC connects Veterans with their health care team from anywhere, using encryption to ensure a secure and private session. It makes VA health care more convenient and reduces travel times for Veterans, especially those in very rural areas with limited access to VA health care facilities, and it allows easy health care access from any mobile or web-based device.

VA Video Connect works on nearly any device that has an internet connection and a web camera. For example, it works on Windows-based PCs and laptops, Windows mobile devices, iOS mobile devices, Android mobile devices, etc. William simply receives an appointment link in his email, and his

appointment launches automatically once he clicks on the link.

“I plan to continue using video visits whenever possible, and I recommend it to other Veterans. It’s a way to connect and save travel.”

*Veterans and their health care providers jointly decide whether to use VA Video Connect for a medical visit. Please speak with your Butler VA care team if you are interested in potentially receiving care through VA Video Connect.*



“ I plan to continue using video visits whenever possible, and I recommend it to other Veterans. It’s a way to connect and save travel. ” - William Pratt, U.S. Navy Veteran

## THIS MONTH IN HISTORY...AUGUST

- 4 The Revenue Cutter Service (now U.S. Coast Guard) is created by Congress (1790)
- 4 Helicopters from the U.S. Air Force Air Rescue Service land in Germany, completing the first transatlantic flight by helicopter (1952)
- 7 General George Washington authorizes the award of the Purple Heart for soldiers wounded in combat (1782)
- 7 President Bush orders the organization of Operation Desert Shield in response to Iraq’s invasion of Kuwait (1990)
- 25 The National Park Service is founded (1916)
- 28 At the March on Washington, Martin Luther King Jr. delivers his “I Have a Dream” speech (1963)

## DIGITAL HEALTH TECHNOLOGIES FOR VETERANS

Veterans, communicate with your care team, track your health information and access your VA health records from your computer, cell phone or tablet. Current Connected Care technologies available for Veterans: VA Telehealth Services, [www.telehealth.va.gov](http://www.telehealth.va.gov); My HealtheVet, [www.myhealth.va.gov](http://www.myhealth.va.gov); and the VA App Store, <https://mobile.va.gov/appstore>.

CONNECTED CARE



## 3 EASY STEPS TO HEALTHY LIVING

### Telephone Lifestyle Coaching

1. The Veteran and their primary care team discuss Telephone Lifestyle Coaching (TLC) and a referral is made.
2. A TLC coach calls the Veteran and enrolls them in the program.
3. The coach and Veteran work together over a series of calls to set goals and work on a plan to achieve them.

Telephone Lifestyle Coaching (TLC) helps Veterans learn to live healthier lives and reach wellness goals by providing personalized coaching over the phone. Experienced coaches work with Veterans to develop a tailored action plan in areas such as weight management, eating wisely, managing stress and more. TLC coaches are available by phone so Veterans can participate when and where they want—there's no need for a visit to a medical center or CBOC to participate.

For more information, please call 878-271-6484.

## WANTED! VETERAN PHOTOS

Submit your military service photo and write-up so we can honor YOU this Veterans Month (November 2019). To obtain a submission packet, or for more information, call 878-271-6957. Submissions will be accepted August 1-October 1.

# Smoke free VHA Better starts today

Join the VHA as we go smoke free on  
**OCTOBER 1st**

VHA cares about your health and is going smoke free per Directive 1085\*.

VA



U.S. Department  
of Veterans Affairs

\*VHA Directive 1085 implements a smoke-free policy for patients, visitors, contractors, volunteers, and vendors at VA health care facilities.

## BACK TO SCHOOL? MAKE THE CONNECTION.

Many Veterans decide to further their education after returning to civilian life. Whether you recently left active duty or have been a Veteran for many years, going to college after military service can be exciting and can present new possibilities—but it also can be challenging. For instance, you may sometimes find it hard to juggle the demands of school with other aspects of your civilian life. It may be frustrating to interact with people who don't understand your military experiences. It's important to be aware of the difficulties you may have to deal with—and the steps you can take to address them.

Learn more about being a student Veteran, treatment options, self-help tools, and resources to help you overcome challenges at Make the Connection: [www.maketheconnection.net/events/students-higher-education](http://www.maketheconnection.net/events/students-higher-education)

We want to hear from you! Email [amanda.kurtz2@va.gov](mailto:amanda.kurtz2@va.gov) to share your story with us!

## EVENTS

### Town Hall Meeting

21 Wednesday, August 21 • 5pm  
Armstrong County VA Clinic

### Farmers Market

23 Friday, August 23 • 10am-2pm  
Outside Lawn, HCC Main Entrance

### MVP On-the-Road

23 Friday, August 23 • 10am-2pm  
Parking Lot, HCC

VA



U.S. Department of Veterans Affairs

Veterans Health Administration  
Butler VA Health Care System



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