

## WOMEN'S WELLNESS

Air Force Veteran Annie Wise has been going to the VA for care for about 20 years. She currently receives care at the Michael A. Marzano VA Outpatient Clinic (Mercer County), but drives to Butler for the Winter Women's Wellness Event held annually in February.

This event provides women Veterans with the opportunity to learn more about VA programs and services, and lets them enjoy an afternoon of relaxation and wellness. At last year's event, Annie participated in the group painting activity and really enjoyed the

new experience. "It was something I never encountered before!" This year's event includes a healthy recipe demonstration from VA Butler's "Nutrition Kitchen" chef, a light lunch, movie, and more.

All attendees at the upcoming Winter Women's Wellness Event also are encouraged to wear red for National Wear Red Day®, to support women's heart health. Heart disease is the leading cause of death for men and women in the U.S., but can



often be prevented when people make healthy choices and manage their health conditions.

Healthy living is important to Annie and she encourages

her fellow Veterans to stay on top of their heart health (and overall health). "Make sure you go to all your appointments. Stay on top of your own health!"

In addition to attending this annual wellness event, Annie participates in VA Butler's TeleMOVE! program. TeleMOVE! is a program linking home telehealth technology to support self-management of weight right at home. It allows Veterans to conduct their weight loss journey by committing to logging

on a messaging device daily. By reading health and diet tips, answering questions, and regular weigh-ins, Veterans gain insight on how to make healthier choices and promote necessary weight loss.

Annie has participated in TeleMOVE! for about two years. "I have noticed a difference! I've lost weight and started up an exercise program."

VA Butler Healthcare can help Veterans stay heart healthy in February and all year long! Talk to your VA health care team today.

“I have noticed a difference! I've lost weight and started up an exercise program.” — Annie Wise, Air Force Veteran

## THIS MONTH IN HISTORY...FEBRUARY

- 2 Groundhog Day, featuring a rodent meteorologist, is celebrated for the first time at Gobbler's Knob in Punxsutawney, PA. (1887)
- 4 The social networking website Facebook.com launches ["Like" VA Butler's Facebook page at [www.facebook.com/VAButlerPA](http://www.facebook.com/VAButlerPA)] (2004)
- 13 The U.S. Marine Corps Women's Reserve is created (1943)
- 20 President Nixon combines Washington's (February 22) and Lincoln's birthdays (February 12) into President's Day [Today President's Day pays tribute to all those who have served as U.S. Presidents] (1971)
- 23 Desert Storm Ground War begins (1991)



## VA GOES RED FOR WOMEN VETERANS

VA offers programs and resources to help women Veterans manage heart disease risk and improve heart health; talk to your health care team today!

## MEDICATION COPAYMENTS CHANGE

Effective February 27, 2017, VA will amend its regulations concerning copayments for outpatient medications used to treat non-service connected conditions. This change will eliminate future rate increases and the current formula used to calculate medication copays. In addition, Veterans will see a decrease in the current copayment cap of \$960 to \$700 per year.

For more information, call 1.877.222.VETS (8387), or visit: [www.va.gov/healthbenefits](http://www.va.gov/healthbenefits).

## NEW CHRONIC ILLNESS SUPPORT GROUP

VA Butler Healthcare has started a new monthly support group for Veterans suffering from chronic illness. The new group meets the fourth Monday of every month at 1pm in room 213ES (Solarium). Chronic Disease is long-term or permanent and has to be managed on a daily basis. While each illness is unique, any unrelenting, ongoing illness can change your personal, emotional, social, spiritual, family, and work life in drastic ways. This monthly support group is for Veterans looking to make peace with a life turned upside down and learn new ideas for deeper health and wellbeing in the face of these challenges.

For more information, or to register for the support group, please contact Candice McManis, LCSW, or Megan Tritt, LCSW, at 724.287.4781 ext. 2746 and ext. 2211.

### Effective early 2017, copay amounts are:

Priority Group	Outpatient Medication Tier	Copayment amount		
		1-30 day supply	31-60 day supply	61-90 day supply
2-8	<b>Tier 1</b> (Preferred Generics)	\$5	\$10	\$15
	<b>Tier 2</b> (Non-Preferred Generics and some OTCs)	\$8	\$16	\$24
	<b>Tier 3</b> (Brand Name)	\$11	\$22	\$33
	\$700 Medication Copayment Cap			

## MAKE THE CONNECTION

Thousands of Veterans and military families have found helpful local support through the MakeTheConnection.net resource locator. Fill in your ZIP code or state, and check the boxes for the types of programs or topics that interest you: <http://maketheconnection.net/resources>.



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

## EVENTS

### National Wear Red Day

3 Friday, February 3  
VA Butler Healthcare

*Wear red to support women's heart health!*

### Clarion County Veterans Open House

17 Friday, February 17 • 3pm – 7pm  
Clarion CBOC, 56 Clarion Plaza, Suite 115  
Monroe Township, PA

### Armstrong County Veterans Open House

25 Saturday, February 25 • 10am – 2pm  
VA Butler Healthcare Auditorium



325 new castle road . butler pa 16001



800.362.8262  
724.287.4781

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