This booklet lists patient education programs available to Veterans enrolled in the Montana VA Health Care System.

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Phone: (406)447-6822

Revised 6/26/2017
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Join the “PACT”!

What does “Patient Aligned Care Teams” (PACT) mean?
PACT is a team of health care staff working with you to provide high quality care. Your core team consists of your provider (doctor, nurse practitioner, or physician assistant), nurses, clerk and YOU.

In addition to the standard office appointments, we now offer telephone appointments, group classes, and secure messaging (email to your PACT team).

What is my role in PACT?
Your role in PACT is very important. Do the following to be an active team player:

- Be prepared for your visit. Make a list of your top 2-3 concerns.
- Arrive 30 minutes early with proper identification.
- Please cancel any appointments that you cannot attend as soon as possible. This will make sure other Veterans can be served.
- Let us know current contact and insurance information.
- Bring a list of your medications including over the counter medications and supplements.
- Please have labs completed before your appointment, when possible.
- Bring any forms you would like completed.
- Contact your PACT with any problems or concerns
- If you have access to a computer, sign up for My HealtheVet.
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<th>Location</th>
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<tr>
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<td>(406) 447-6000</td>
</tr>
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<td>Anaconda</td>
<td>(406) 496-3000</td>
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<td>Behavioral Health</td>
<td>(406) 373-3500</td>
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<td>Billings</td>
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<td>Bozeman</td>
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<tr>
<td>Cut Bank</td>
<td>(406) 873-9047</td>
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<td>Glasgow</td>
<td>(406) 228-4101</td>
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<td>Glendive</td>
<td>(406) 377-4755</td>
</tr>
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<td>Great Falls</td>
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</tr>
<tr>
<td>Hamilton (Telehealth Site)</td>
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</tr>
<tr>
<td>Havre</td>
<td>(406) 265-4304</td>
</tr>
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<td>Kalispell</td>
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<td>Behavioral Health</td>
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</tr>
<tr>
<td>Lewistown</td>
<td>(406) 535-4790</td>
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<td>Miles City</td>
<td>(406) 874-5600</td>
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<tr>
<td>Missoula</td>
<td>(406) 493-3700</td>
</tr>
<tr>
<td>Behavioral Health</td>
<td>(406) 493-3800</td>
</tr>
<tr>
<td>Plentywood (Telehealth Site)</td>
<td>(406) 765-3718</td>
</tr>
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EAT WISELY & BE PHYSICALLY ACTIVE

NUTRITION CONSULT
Talk to a Registered Dietician about how to eat wisely to improve your health and feel better. Ask your PACT team or call (406)447-7366.

MOVE! PROGRAM: STATEWIDE
A weight loss program for Veterans that encourages healthy lifestyle changes through goals you set. You may choose among weekly and monthly support groups, one-on-one support from Registered Dietitians, a Licensed Professional Counselor, or a Nurse, telephone support, and/or online and printed resources. Participants in the program at Fort Harrison may also participate in exercise and yoga classes. Participants in Miles City may participate in an exercise class.
CONTACT THE MOVE! OFFICE: (406) 447-7337

MOVE! YOGA: FORT HARRISON
Join the MOVE! program and try out this introductory 6 week class to yoga! Start at your own level. Contact the MOVE! office for more information.

MOVE! WEBSITE
www.move.va.gov
Handouts on many healthy eating, physical activity, and behavior change strategies.

MOVE! COACH APP provides self-managed, weight management. It allows Veterans to monitor, track, and receive tailored feedback regarding their progress with weight and exercise goals while controlling relapse triggers and forming coping plans. Available only on Apple products.
IMPROVE SLEEP

IMPROVING SLEEP ONE “Z” AT A TIME:
Having trouble falling asleep or getting back to sleep if you wake in the middle of the night? Ask for this booklet which will give you more information on restful sleep!

SLEEP STUDY ORIENTATION:
This class may be recommended before having a sleep study and can be done over telehealth. This one hour class is offered weekly on Thursdays and Fridays. Appointments must be scheduled in advance and require a referral from your primary care provider.
CONTACT: (406) 447-7443

COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I):
CBT-I is an proven treatment option to help Veterans diagnosed with insomnia fall asleep, stay asleep, and improve daytime functioning and quality of life. CBT-I is offered as individual sessions.
CONTACT: YOUR LOCAL CLINIC (SEE PAGE 4)

PTSD SLEEP/ NIGHTMARE: FORT HARRISON
Learn how to reduce PTSD related nightmares through this 6 week class. Veterans are encouraged to attend Cognitive Behavioral Therapy for Insomnia prior to this class.
CONTACT: (406) 447-6000

CBT-I APP: CBT-I Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. Available for iOS and Android phones.
LIVING LIFE WELL!

6 week workshop focused on improving how you cope with ongoing health conditions.

In partnership with your Montana State Chronic Disease Prevention program, Montana VA encourages you to attend a class in your community!

Call to find out about the next FREE class in your area!

- BUTTE SILVER BOW HEALTH DEPT. (406) 497-5001
- BILLINGS LIFTT PROGRAM (406) 259-5259
- BILLINGS MISSION RIDGE (406) 655-5250
- BILLINGS CLINIC (406) 238-2205
- BOZEMAN GALLATIN COUNTY HEALTH DEPT. (406) 582-3100
- BOZEMAN AREA AGENCY ON AGING (406) 457-8923
- COLUMBUS AND ABSORAKEE: STILLWATER BILLINGS CLINIC (406) 322-1070
- CONRAD PONDERSA COUNTY HEALTH DEPT. (406) 271-3247
- CHINOOK MSU EXTENSION IN BLAINE COUNTY (406) 357-2345
- CHOTEAU TETON COUNTY HEALTH DEPT. (406) 466-2562
- GLENDIVE MEDICAL CENTER (406) 377-2871
- GREAT FALLS: CASCADE COUNTY HEALTH DEPT. (406) 791-9279
- HARLEM FORT BELKNAP INDIAN HEALTH SERVICES (406) 353-8538
- HELENA: ST. PETER’S HOSPITAL (406) 444-2128
- KALISPELL FLATHEAD COUNTY HEALTH DEPT. (406) 751-8260
- LEWISTOWN: MSU EXTENSION IN FERGUS COUNTY (406) 535-3919
- MILES CITY ONE HEALTH (406) 874-8711
- MISSOULA YMCA (406) 721-9623
- MISSOULA PARTNERSHIP HEALTH CENTER (406) 258-4162
- PLAINS, THOMPSON FALLS, HOT SPRINGS: CLARK FORK VALLEY HOSPITAL (406) 826-4669
- SHELBY TOOLE COUNTY HEALTH DEPT. (406) 424-5169
BE TOBACCO FREE

Get help QUITTING TOBACCO: STATEWIDE
VA Montana resource to help guide Veterans through the quitting process and link Veterans with resources to help you quit tobacco.
CONTACT: MEGAN (406)447-6822

QUIT VET: NATIONAL HOTLINE
A national telephone tobacco cessation Quitline for Veterans who receive VA health care. Quitline counselors provide: individualized counseling, help to develop a quit plan, strategies to prevent relapse, and follow-up with calls to help you stay quit. Hours: Monday-Friday 6:00am-8:00pm (MT)
CONTACT: 1-855-QUIT-VET OR 1-855-784-8838

SMOKEFREE VET: NATIONAL SERVICE
Text messaging program to provide 24/7 encouragement, advice, and tips. Sign up by texting VET to 47848 or text “URGE”, “STRESS”, or “SMOKED” anytime to 47848 without signing up.

STAY QUIT COACH APP is intended to serve as a source of readily available support and information for adults who are already in treatment to quit smoking and to help them stay quit after treatment ends. Available for iOS and Android phones.
Take the healtheliving assessment to find out

The healtheliving assessment (HLA) is a first step to understanding—and improving—your health. The HLA asks you questions about your lifestyle and health history, and provides you:

- Your “health age,” an estimate of how healthy you are compared with others your age, based on factors like your weight, diet, exercise, and health habits.
- Personalized reports on your overall health and risk of certain diseases.
- Recommendations on how to improve your health and lower your disease risk.

The HLA is available 24/7 through the My Healtheliving website. It’s confidential and takes only about 20 minutes to complete!

Ready to get on track to better health? It’s easy with the HLA:

1. Log in to your online account at My Healtheliving (www.myhealth.va.gov). If you’re new to My Healtheliving, just register for an online account at www.myhealth.va.gov.
2. Click on the healtheliving assessment link.
3. Complete the assessment and find out about your health age today!
MANAGE DIABETES

WE HAVE CERTIFIED DIABETES EDUCATORS TO HELP YOU LEARN HOW TO BETTER MANAGE DIABETES! Ask your PACT how to set up a visit! Or you can call (406) 447-7366 to make an appointment.

ASK YOUR HEALTHCARE TEAM ABOUT THE DIABETES BLUE FOLDER. This folder provides helpful information you need to understand and manage diabetes.
CONTACT: YOUR PACT

GETTING STARTED WITH DIABETES- MISSOULA
Learn the basics about diabetes and how to take care of this condition. Meets first Thursday of each month at 3pm.
CONTACT: (406) 493-3771

DIABETES YOUR WAY (DYW) - FORT HARRISON, MISSOULA, GREAT FALLS
This six week class series is for any Veteran who wants to learn how to best manage their condition. DYW is highly recommended for any Veteran who has diabetes.
CONTACT: FORT HARRISON: KATIE (406) 447-7016
MISSOULA: HEATHER (406) 493-3771
GREAT FALLS: KRISTAL (406) 791-3217

INTERESTED IN LEARNING ABOUT TYPE 2 DIABETES AT HOME?
Ask for a copy of the Type 2 Diabetes Home Video Guide: Skills for Self-Care! Review the entire video or individual chapters as often as needed to make sure you are on track with your diabetes management.
CONTACT: (406) 447-6897
BE INVOLVED IN YOUR HEALTH CARE

BETTER BREATHING WITH COPD-FORT HARRISON
Learn how to breathe better, improve activities and increase energy with less shortness of breath.
Six week class held on Fridays.
CONTACT: JOAN (406) 447-7895

DOWN WITH HIGH BLOOD PRESSURE-
FORT HARRISON, KALISPELL, MISSOULA
Take control of your blood pressure and learn lifestyle changes that you can make to lower your blood pressure.
CONTACT: FORT HARRISON (406) 447-7016
KALISPELL (406) 758-2700
MISSOULA (406) 493-3700

COGNITIVE BEHAVIORAL THERAPY (CBT) FOR CHRONIC PAIN- FORT HARRISON,
KALISPELL, MISSOULA
Learn practical skills to help you reduce pain, increase activity level, and improve quality of life. CBT helps Veterans look at how thoughts, feelings and behaviors are connected with chronic pain. Twelve week class.
CONTACT: FORT HARRISON (406)447-6000
KALISPELL (406) 758-2782
MISSOULA (406) 493-3800

LIVING LIFE WELL - CLASSES IN YOUR COMMUNITY
Do you have an ongoing health problem like arthritis, diabetes, heart disease, lung disease, anxiety or depression? Does it stop you from doing the things you enjoy? Learn what you can do to feel better and take control of your health.
TURN TO PAGE 7 TO DISCOVER CLASS OPTIONS NEAR YOU!
LOW-VISION EDUCATION AND SUPPORT GROUPS- FORT HARRISON, BILLINGS
Meets the second Wednesday of every other month. You may call in if you are not able to make the meeting in person. Veterans’ spouses and caregivers are welcome to attend.
CONTACT: (406) 447-7625 OR (406) 373-3943.

HOME TELEHEALTH
The Home Telehealth program helps you manage your health care needs in the comfort of your home. Using in-home technology, Registered Nurse Care Coordinators and Licensed Social Workers monitor and assess your health and well-being. These professionals serve as a link between you and your Patient Aligned Care Team (PACT). Home Telehealth is currently able to serve Veterans with the following conditions:

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Bipolar Disorder</th>
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<tr>
<td>Congestive Heart Failure (CHF)</td>
<td>Chronic Obstructive Pulmonary Disease (COPD)</td>
</tr>
<tr>
<td>Depression</td>
<td>Diabetes (DM)</td>
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<tr>
<td>Hypertension (HTN)</td>
<td>PTSD</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>Tobacco Cessation</td>
</tr>
<tr>
<td>Weight Loss (TeleMOVE)</td>
<td>Nutrition</td>
</tr>
</tbody>
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For more information contact: 447-7620
WHOLE HEALTH

THE EIGHT AREAS OF SELF-CARE

Self-care is often the most important factor in living a healthy life, which in turn allows you to live your life fully, in the ways that matter to you.

Self-care includes all the choices you make on a daily basis that affect your physical, mental, and spiritual health. In fact, how you take care of yourself will have a greater impact on your health and well-being than the medical care you receive.

Evidence shows that each of these eight areas of self-care contributes a great deal to your overall health and well-being. They can also affect your chances for developing diseases as well as the seriousness of that disease.

Consider your values, lifestyle, habits, and motivations in each area. Taking stock of where you are now and where you want to be in each of these areas is the first step in living a healthier life.
**STAR WELL-KIT**
Tools for healing (Simple Tools to Aid and Restore (STAR)) is a web-based toolkit for learning about wellness practices and Integrative Medicine for Veterans. The toolkit features Veterans describing their experiences with these tools and techniques. You can follow along with brief demonstrations of various practices. You can also ask for a free DVD by calling 406-447-6897. [http://www.warrelatedillnes.va.gov/education/STAR/](http://www.warrelatedillnes.va.gov/education/STAR/)

**DEEP RELAXATION**
In partnership with the Palo Alto VA, Veterans can learn and practice deep relaxation techniques over the phone. Request a consult from PACT for this telephone based option called Yoga Nidra through “IFC WRIISC Yoga Wellness”.

**MINDFULNESS GROUP- FORT HARRISON, KALISPELL**
This group provides the opportunity to learn more about the practice of Mindfulness to help reduce stress, physical pain, depression, anxiety and improve sleep. 8 week group.
**CONTACT: FORT HARRISON (406) 447-6000**
**KALISPELL (406) 758-2782**

**MOVE! YOGA – FORT HARRISON**
Join the MOVE! program and try out this introductory 6 week class to yoga! Start at your own level. **CONTACT THE MOVE! OFFICE: (406) 447-7337**
IMPROVE EMOTIONAL HEALTH

INDIVIDUAL COUNSELING (OFFERED EITHER FACE TO FACE OR BY TELEHEALTH): VA Montana strives to offer therapy that is proven to be helpful in reducing emotional health symptoms and improving Veteran’s quality of life. Licensed counselors will work with you to determine your needs and discuss available therapy options.
CONTACT: YOUR LOCAL VA CLINIC (SEE PAGE 4)

VETERAN’S CRISIS LINE
Talk with a trained counselor at a crisis center about your distress. Includes free referral services.
VETERAN’S CRISIS LINE: 1-800-273-8255
VISIT: WWW.VETERANSCRISISLINE.NET OR WWW.SUICIDEPREVENTIONLIFELINE.ORG

BEHAVIORAL HEALTH GROUPS
VA Montana offers a variety of group counseling options. Please call the local VA behavioral health department to find out what group options are available in your clinic.

ACT FOR DEPRESSION: BOZEMAN
Acceptance and Commitment Therapy (ACT) is a talk therapy for treating symptoms of depression. ACT for Depression (ACT-D) helps individuals with depression make changes so that they can have full, rich, and meaningful lives. The focus is to help you live more closely to your values. It also helps you to be more accepting of yourself. ACT-D helps individuals to have better relationships with themselves, others, and the world.
CONTACT: (406) 582-5300
ANGER MANAGEMENT: BILLINGS
Practical skills and tools to manage anger and develop self-control over thoughts and actions. This group utilizes a workbook to help patients living with a mental illness or substance use disorder. It addresses the anger cycle and conflict resolution. The workbook also provides assertiveness skills and an anger control plans. This is a 12 week group. Please contact to see when the next group starts.
CONTACT: (406) 373-3911

COGNITIVE PROCESSING THERAPY (CPT) FOR PTSD: BOZEMAN
CPT focuses on helping Veterans deal with military trauma and PTSD symptoms. CPT helps by giving Veterans a new way to handle difficult thoughts and see how events change the way you view life. In CPT, Veterans learn about PTSD symptoms, become aware of thoughts and feelings, learn new skills to deal with difficult thoughts and feelings, find ways to balance the changes in your beliefs from before and after the traumatic event(s).
CONTACT: BOZEMAN (406) 582-5300

PTSD COACH APP is designed for Veterans and military Service Members who have, or may have, Post-Traumatic Stress Disorder (PTSD). This app provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life. Available for iOS and Android phones.

DBT GROUP: FORT HARRISON, MISSOULA
DBT or “Dialectical Behavior Therapy” focuses on learning and developing mindfulness, social, mood management and stress management skills. DBT assumes that people are doing the best they can and that developing skills will help improve how they feel and interact with others.
CONTACT: FORT HARRISON (406) 447-6000
MISSOULA (406) 493-3800
EAGALA: FORT HARRISON
The treatment sessions use horses to re-create life experiences providing opportunities for Veterans to discover their strengths, overcome challenges, and create change and growth in their life.
CONTACT: (406) 447-6000

MILITARY SEXUAL TRAUMA COURAGE GROUP (WOMEN VETERANS ONLY): FORT HARRISON
This therapy group uses Cognitive Processing Therapy “CPT” to address feelings and thoughts related to MST. In CPT Veterans learn new ways to handle difficult thoughts and see how MST changed the way they view life. Twelve session weekly group.
CONTACT: (406)447-6000

MINDFULNESS GROUP- FORT HARRISON, KALISPELL
This group provides the opportunity to learn more about the practice of Mindfulness to help reduce stress, physical pain, depression, anxiety and improve sleep. 8 week group.
CONTACT: FORT HARRISON (406) 447-6000
KALISPELL (406) 758-2782

MINDFULNESS COACH APP is for people who may be experiencing emotional distress, and for those wanting to maintain healthy coping practices. The app can be used on its own by those who would like mindfulness tools, or to enhance face-to-face care with a healthcare professional. It is not recommended for PTSD. Available for iOS only.

PROBLEM SOLVING THERAPY: KALISPELL
Problem-solving therapy aims to help Veterans improve coping skills, understand the “role” of emotions and create an action plan to deal with difficult emotions and improve well-being.
CONTACT: (406) 758-2782
PTSD 101: KALISPELL, BOZEMAN
This group offers the opportunity to learn more about the causes and symptoms of PTSD. Veterans are taught skills to improve symptoms related to PTSD including identification of triggers, managing negative thoughts, mindfulness skills, activity scheduling, managing anger and assertiveness, and improving sleep. This group is held weekly for 13 weeks.
CONTACT: KALISPELL (406) 758-2700
BOZEMAN (406) 582-5300

SEEKING SAFETY: FORT HARRISON
This group is focused on helping people recover from trauma and/or substance abuse. Seeking Safety reviews 25 topics to help participants learn new skills to safely address trauma and/or substance abuse concerns.
CONTACT: FORT HARRISON (406)447-6000

SUBSTANCE USE GROUPS: FORT HARRISON, BOZEMAN, BILLINGS, GREAT FALLS, KALISPELL, MISSOULA
Develop skills to lead a life free from drugs and alcohol. VA Montana offers a variety of groups depending on the level of care you need. Behavioral health therapists will help you find a group that meets your needs.
CONTACT: LOCAL BEHAVIORAL HEALTH DEPARTMENT (SEE PAGE 4)

WRAP (WELLNESS RECOVERY ACTION PLAN) GROUP: FORT HARRISON
WRAP is a self-management plan for people dealing with emotional distress, physical health issues, addictions, and other life challenges that are looking for a sense of wellness.
CONTACT: (406)447-6000
1-844-MyVA311 is the first step in providing Veterans and their families with one place to go to get connected to the right place to address their inquiry. WHEN YOU DON’T KNOW WHAT NUMBER TO CALL, CALL 1-844-MYVA311.
LEARN IN THE COMFORT OF YOUR OWN HOME

Ask your PACT (health care team) about the following resources or call (406) 447-6897:

DVDS:
- Living Better With Heart Failure
- Down With High Blood Pressure
- Type 2 Diabetes Home Video Guide: Skills For Self-Care
- Fit for Life
- Strength Training

BOOKLETS:
- Living Well With COPD
- Back Pain Management
- Blue Diabetes Folder
- Living Well With Heart Failure
- Improving Sleep One “Z” at a Time

WEBSITES:
- Parkinson’s Disease: Telephone support group, education videos, many handouts and checklists for day to day management of Parkinson’s Disease.  
  http://www.parkinsons.va.gov/patients.asp

- Learn more about kidney disease: Try out this new VA on-line learning clinic to discover more about kidney disease! Learn more about what your kidneys do, lab tests, medications, nutrition and treatment options!
  http://ckd.vacloud.us/
LEARN IN THE COMFORT OF YOUR OWN HOME

WEBSITES:

- **Anger Management:** Practical skills and tools to manage anger and develop self-control over thoughts and actions. [www.veterantraining.va.gov/aims](http://www.veterantraining.va.gov/aims)

- **Problem Solving:** Self-Help resources to help with problem solving. Includes relaxation tips. [www.startmovingforward.org](http://www.startmovingforward.org)

- **AboutFace:** AboutFace is dedicated to improving the lives of Veterans with post-traumatic stress disorder (PTSD). Learn about PTSD, explore treatment options and, most importantly, hear real stories from other Veterans and their family members. Get advice from VA clinicians who have treated thousands of cases of PTSD. [http://www.ptsd.va.gov/apps/AboutFace/](http://www.ptsd.va.gov/apps/AboutFace/)

- **After Deployment:** Helpful tips and resources for every aspect of life once you return home. Great website, check it out! [http://afterdeployment.dcoe.mil/](http://afterdeployment.dcoe.mil/)
VA INTERNET HEALTH RESOURCES

VETERANS HEALTH LIBRARY
www.veteranshealthlibrary.org
Free access to hundreds of handouts and videos designed specifically for Veterans. You will have the information you need to understand a diagnosis, make treatment decisions, better understand medications and manage your health.

MY HEALTHEVET
My HealthEvet:  www.myhealth.va.gov
My Health Evet is an online Personal Health Record that allows Veterans to become engaged in their health care, access trusted and secure health information, and get facts about VA benefits and services. Your registered account gives you access to tools that will help you track your health measures, such as blood pressure, blood sugar, and weight.

If you receive care at a VA facility, the next step is to upgrade your My HealthEvet account to the free “Premium” account so you can view parts of your VA medical record, VA appointments, lab results, and refill and track your VA prescriptions.

To learn more about how to get an upgraded account, contact the My HealthEvet National Help Desk: (877) 327-0022 or your local My HealthEvet Coordinator: Duane Cunningham (406) 447-7437
NATIONAL CENTER FOR HEALTH PROMOTION & DISEASE PREVENTION

www.prevention.va.gov

This site includes information on; be involved in your health care, strive for a healthy weight, eat wisely, limit alcohol, be physically active, prevent falls and accidents, get recommended vaccines and screening tests, prevent sexually transmitted disease, be tobacco free, and manage stress. Live a healthier life!

Community Health and Wellness Programs

STATE OF MONTANA HEALTH PROGRAMS:
- Arthritis
- Asthma Control
- Cancer Control
- Cardiovascular health program
- Diabetes program
- Disability & health programs
- Injury prevention
- Montana tobacco use prevention program
- Nutrition & physical activity

CONTACT: 1-844-684-5848
Or visit: chronicdiseaseprevention.mt.gov

Community Based Programs Workgroup page and interactive map:
http://dphhs.mt.gov/publichealth/chronicdisease/CommunityBasedPrograms

Community Health Programs Guide:
http://dphhs.mt.gov/Portals/85/publichealth/ChronicDisease/mtccdp22506CommunityGuideDesignWEBFinal.PDF
**MONTANA TOBACCO QUIT LINE:** Free program to help tobacco users quit tobacco. Provides a personalized quit plan, coaching on how to quit, and nicotine replacement therapy if appropriate.

**CONTACT:** 1-800-QUIT-NOW (784-8669)

**NETWORK OF CARE FOR SERVICE MEMBER, VETERANS AND THEIR FAMILIES:** The Montana Network of Care for Service Members, Veterans, and their Families (SMVF) is a one-stop-shop for services, information, support, advocacy, resources, and more. This public service is an attempt to bring critical information together for all components of the SMVF Community. Please take the time to become familiar with the site, share it with others, and come back often to see what is new. Warrior Strong, Montana Strong!

[http://montana.networkofcare.org/veterans/](http://montana.networkofcare.org/veterans/)

**WHAT IS MONTANA 2-1-1?** It is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities.

[http://www.montana211.org/](http://www.montana211.org/)
Mobile Apps for Veterans

Insomnia/sleep:

CBT-i Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. Available for iOS and Android phones.

Smoking/tobacco cessation:

Stay Quit Coach is intended to serve as a source of readily available support and information for adults who are already in treatment to quit smoking and to help them stay quit after treatment ends. Available for iOS and Android phones.

Weight management:

MOVE! Coach provides self-managed, weight management allowing Veterans to monitor, track, and receive tailored feedback regarding their progress with weight and exercise goals while controlling relapse triggers and forming coping plans. Available for iOS only.

Mental health:

Life Armor allows users to browse information on 17 topics, including sleep, depression, relationship issues, and post-traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems. Available for iOS and Android phones.
**PTSD:**

**PTSD Coach** is designed for Veterans and Military Service Members who have, or may have, Post-traumatic Stress Disorder (PTSD). This app provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life. Available for iOS and Android phones.

**CPT Coach** is for Veterans, Service Members, and others with PTSD who are participating in Cognitive Processing Therapy (CPT) with a professional mental healthcare provider. This app contains support materials for a complete course. Available for iOS and Android phones.

**Mood, depression, and/or bipolar disorder:**

**T2 Mood Tracker** allows users to monitor their moods on six pre-loaded scales, anxiety, stress, depression, traumatic brain injury, posttraumatic stress, and general well-being. Available for iOS and Android phones.

**ACT Coach** is designed for Veterans and Military Service Members in Acceptance and Commitment Therapy (ACT) with a professional mental healthcare provider and provides additional assistance with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them. Available for iOS and Android phones.
Montana VA Health Care System
Patient Health and Wellness Programs

**Anxiety and stress:**

**Virtual Hope Box (VHB)** is an accessory to treatment that contains simple tools to help with emotional regulation, coping, relaxation, distraction, and positive thinking through personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools. Available for iOS and Android phones.

**Moving Forward** provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. Available for iOS and Android phones.

**Breathe2Relax** features hands-on breathing exercises. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. The app can be used as a stand-alone stress reduction tool, or can be used in addition to face-to-face care. Available for iOS and Android phones.

**Mindfulness Coach** is for people who may be experiencing emotional distress, and for those wanting to maintain healthy coping practices. The app can be used on its own by those who would like mindfulness tools, or to enhance face-to-face care with a healthcare professional. It is not recommended for PTSD. Available for iOS only.
Montana VA Health Care System
Patient Health and Wellness Programs

TBI/concussion:

Concussion Coach is designed for Veterans, Service members, and other individuals who experience physical, cognitive, and emotional symptoms that may be related to mild to moderate traumatic brain injury. App provides a self-assessment, and information on managing TBI. Available for iOS now and Android phones.

Parenting:

Parenting2Go helps Veterans and Service Members reconnect with their children and provides tools to strengthen parenting skills. Available for iOS only.

Social:

POS REP is a mobile, proximity-based social network made specifically for the military veteran community. POS REP, short for Position Report, connects veterans who served together and allows veterans to discover peers and resources in their local communities. Available for iOS now and Android phones.

Appointment/scheduling:

Veteran Appointment Request (VAR) App helps you schedule appointments with your VA care team from the convenience of your mobile phone, computer, tablet or any device with interact connection. You must be a VA patient and have DS Logon Level 2 (Premium) Account. Visit mobile.va.gov/dslogon to learn more.
Other VA resources:

<table>
<thead>
<tr>
<th>Resource Name</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>VA Launchpad for Veterans</td>
<td><a href="https://mobile.va.gov/app/launchpad">https://mobile.va.gov/app/launchpad</a></td>
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<tr>
<td>VA Summary of Care App</td>
<td><a href="http://mobilehealth.va.gov/training/summary-of-care">http://mobilehealth.va.gov/training/summary-of-care</a></td>
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<tr>
<td>Airborne Hazards and Open Burn Pit Registry</td>
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<tr>
<td>Mobile Blue Button for Veterans:</td>
<td><a href="https://mobile.va.gov/app/mobile-blue-button">https://mobile.va.gov/app/mobile-blue-button</a></td>
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</table>
IN THE SPOTLIGHT: **Ask A Pharmacist App**

Get answers to your VA Pharmacy Questions with the *Ask a Pharmacist App*

Do you have VA prescriptions? Do you have questions about your medication? Now, VA has a new web application (app) that can help.

VA launched the *Ask a Pharmacist App*, which provides an easy way to find answers to the kinds of questions VA pharmacists regularly hear from patients. Have to search through multiple VA sites to find answers or rely on sites outside of VA that may not be accurate is frustrating. Now, you can use Ask a Pharmacist to find information that you know is reliable and VA-approved.

*Ask a Pharmacist* can help you:

- Find a VA pharmacy close to you
- Learn how VA pharmacies operate
- Learn about the medications you take
- Learn how to identify your pills by sight
- Learn how to read medication labels
- Learn how your medications may interact with each other
- Provides direct link to My HealtheVet’s Rx Refill and Secure Messaging (with Advanced or Premium My HealtheVet account)

You can access the app on your smartphone, tablet, desktop computer or any device with an Internet connection.
If you have any questions about this booklet please contact:

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Approved by the VHE EVAL. Team 2016