

THE northern

A TeleMOVE! Success Story



After one year, Mike W. lost 107 pounds with the help of the TeleMOVE Program

It has been one year since Mike Wingerath started on the VA's TeleMOVE! program for weight loss. Since Mr. Wingerath took the advice of his provider, Dr. Aragon, he has lost 107 pounds. TeleMOVE! is another dimension of the MOVE! program that uses a Telehealth monitor, digital scale, pedometer and a MOVE! booklet to assist Veterans along the way to better health. With the equipment, Veterans answer daily questions via the Telehealth monitor and track their weekly weight. All program monitoring and contact is done over the phone and remotely through the monitor—at no cost to the Veteran! Just a 10 percent weight loss...

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1-800-273-8255 **PRESS 1**

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Construction Updates

Sacramento VA Medical Center:

OEF/OIF building: planned completion, September, 2013

Consolidated Outpatient Surgical Specialty: planned completion, November, 2013

Behavioral Health: planned completion, December, 2013

Parking Structure: planned completion Spring, 2014



Welcome to **The Northern**, a monthly newsletter focused on fostering the connection between our Veterans and their health care. We want to empower you to take an active role in your health management. Each month we will bring you information about VANCHCS's campuses from Oakland to Yreka, and articles relating to the programs and services available to you. We encourage you to communicate with us about your ideas for this newsletter. Contact the Public Affairs Office, amanda.mina@va.gov.

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...decreases the risk for many diseases such as cancer, heart disease, and diabetes. Weight loss also promotes improvement for many existing medical conditions. The TeleMOVE! program accommodates Veterans who have busy work schedules, live far from VA facilities, or prefer to work on weight loss individually. Mr. Wingerath says that he found the whole program beneficial. When asked if he thinks that anyone can successfully lose weight on the Tele-MOVE! program, Mr. Wingerath says "Yes, but it is up to the individual to decide if they are ready; and I hope my story can inspire someone else." Ask your Doctor if Tele-MOVE! is right for you or visit www.move.va.g

"We want our Women Veterans to have a place where all of their health care needs are met in a relaxing and beautiful environment" said Theresa, women's health technician at the Sacramento VA Medical Center. "My favorite part of serving our women Veterans is sharing stories of our experiences in the military; they know they can come to a place where they are appreciated." The VA is dedicated to providing an array of services and information for women Veterans, now available at the following new hotline: 1-855-VA-WOMEN.



A New Hotline for Women Vets

Over the past decade, the number of women using VA health care has more than doubled, from nearly 160,000 to more than 360,000 in 2012. The new hotline connects you to a call center that receives and responds to questions from women Veterans, their families, and caregivers across the nation about available VA services and resources.

Three things Veterans should know about health care reform:

1

VA wants all Veterans to receive health care that improves their health and well-being

2

If you are enrolled in VA health care, you don't need to take any additional steps

3

If you are not enrolled in VA health care, you can apply at any time

www.va.gov/aca

1-877-222-VETS (8387)

Dealing with PTSD

Post Traumatic Stress Disorder (PTSD) is a complex and serious disorder affecting Veterans from every conflict. Here at the VA Northern California Health Care System, we are committed to providing the best care for our Veterans who deal with PTSD. We have made historic progress in PTSD treatments and are expanding access by increasing the number of mental health providers at VA medical centers. The VA has also launched Make the Connection, Strong at the Broken Places, and About Face campaigns that aim to help Veterans feel comfortable talking about, and seeking help for PTSD.

To compliment the various resources available to Veterans, the VA has released a free mobile app called PTSD Coach. The PTSD Coach app can help you learn about and manage symptoms that commonly occur after trauma.

Features include:

- Tools for screening and tracking symptoms.
- Reliable information on PTSD.
- Direct links to support and help.

