



# RURAL HEALTH INITIATIVE

100 Emancipation Drive \* VA Medical Center \* Hampton, VA 23667 \* 757-344-9501

Hampton, VA Medical Center Rural Health Initiative (RHI) Team's primary goal is to ensure that Veterans in rural areas receive the health care and benefits they may qualify for based on their military service. Currently, more than one in three Veterans who are enrolled in the VA health care system live in rural areas. We know that it is important to provide effective, high quality and accessible health care for those Veterans.

Through education, increased access to health care, web based services and outreach programs, RHI's main mission is to provide benefits information, access to enrollment and health education to Veterans in rural and highly rural areas. The RHI Team, located at the Hampton VA Medical Center in Hampton, Virginia is committed to developing strong relationships with the community to better serve Vets.

## **EXPANDED ACCESS AND AVAILABILITY OF VA SERVICES**

Enrollment Specialists will meet individually with Vets to discuss benefits that are available to them, how to qualify for programs and provide assistance filing VA Health Benefits Enrollment Eligibility Form 1010EZ. Enrollment Specialists primary responsibility is to help Vets through their enrollment process step-by-step.

## **WEB BASED SERVICES**

VA is recognized as a leader in the use of information and communication technologies to provide care to Veteran patients. Located at

[www.myhealth.va.gov](http://www.myhealth.va.gov), MyHealthVet is a web based program that provides Vets access to world-class innovative communications between health care providers and those who are coordinating care, especially in rural areas.

## **HEALTH EDUCATION AND TRAINING**

Hampton Rural Health Initiative Team provides initial and continuing health education for Veterans in rural areas to include seminars on a variety of issues that face rural communities. Nurses from RHI envision enhancing education and training opportunities for Veterans as well as other rural health care providers to include expanding the use of distance learning technologies and other modalities of program delivery. RHI staff will schedule local seminars to address Vets issues as needed.

## **SOCIAL SERVICES**

Rural Health Initiative Team Social Workers will assist linking and educating Veterans about services and programs that are available to them within the VA and their local community. Social Workers also provide ongoing and continued case management for Vets.



### **MyHealtheVet. – At a Glance**

**MyHealtheVet** is VA's award-winning, online Personal Health Record available at: [www.myhealth.va.gov](http://www.myhealth.va.gov). Available anywhere there is Internet access, **MyHealtheVet** is for Veterans, active duty Service members, their dependents, and caregivers. With **MyHealtheVet**, you can access trusted and secure VA health information to better manage your overall health and wellness, and to put the power of prevention in your hands. For Veterans, there are enhanced features and facts about VA benefits and services to which you may be entitled.

#### **After you register, you can:**

- Record and track your health information and your family's health history
- Enter past and present military service events
- Keep activity and food journals
- Record, track, and graph vital signs
- Maintain other health measures

If you are a Veteran enrolled at a VA health care facility, you can also access advanced features of **MyHealtheVet**. To access the advanced features, you must complete a one-time process called In-Person Authentication or "IPA". This includes making a personal visit to your VA facility to verify your identity. After completing the IPA process, you can use **MyHealtheVet** to:

- Refill your VA prescriptions by name, not just by the prescription number
- Record your non-VA medications, over the counter medications, vitamins and supplements
- Receive your customized VA Wellness Reminders
- Access new features as they become available

Expected in 2010, and after completing the IPA process, you will be able to view your VA appointments, VA lab test results, and VA list of allergies. You also may communicate with your health care teams through a "Secure Messaging" feature within **MyHealtheVet**.

**MyHealtheVet: 24/7 Online Access to VA Health Care - It's quick, easy and it's for YOU!**  
For additional information contact: (757) 344-9501.



Hampton, VA Medical Center  
Hampton, Virginia  
(757) 344-9501



**Improve Your health with Online Access Register for MyHealtheVet today at [www.myhealth.va.gov](http://www.myhealth.va.gov). If you are a VA patient take a few minutes during your next clinical visit to complete the one-time IPA process. Begin your health and wellness journey today!**

**[www.myhealth.va.gov](http://www.myhealth.va.gov)**

# WOMEN VETERANS HEALTH SERVICES



RURAL HEALTH INITIATIVE

The Hampton, VA Medical Center offers Veteran Health Care Services designed specifically for women who have served in the US Armed Forces. Services cover eligibility assistance, wellness and healthy living, telephone care program, gynecological, primary, aging women and mental health care services, homeless services and advance directives assistance. These benefits are provided to help women Veterans achieve and maintain an outstanding quality of life throughout the life span.

## BENEFITS

### OPERATION ENDURING FREEDOM OPERATION IRAQI FREEDOM (OEF/OIF)

- Transition assistance
- OEF/OIF Program Managers and Case Managers
- Enhanced health care
- Polytrauma/rehabilitation care
- Dental benefits

### WELLNESS AND HEALTHY LIVING

- Exercise and stress reduction
- Nutrition counseling
- Weight control counseling
- Options to stop smoking
- Substance abuse treatment

### PRIMARY CARE

- Health evaluation, counseling, disease prevention
- Management of chronic conditions
- Disease screening and management
- Mental health

### GYNECOLOGICAL SERVICES

- Routine reproductive health care
- Specialty reproductive health care
- Pregnancy
- Menopause

### AGING WOMEN VETERANS

- Hospice care
- Rehabilitation services
- Home therapy
- Alternatives to nursing home care
- Advance directives assistance

### Telephone Care Program

- Answer health care questions
- Provide advice
- Assist with prescription renewals

### Homeless Services

- Outreach
- Case management
- Housing assistance

For additional  
information contact:  
(757) 344-9501



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Currently, more than one in three Veterans who are enrolled in the VA health care system live in rural areas. We know that it is important to provide effective, high quality and accessible health care for those Veterans.

Through education, increased access to health care, web based services and outreach programs, RHI's main mission is to provide benefits information, easy access to benefits enrollment and health education to Veterans in rural areas.

The Rural Health Initiative Team, located in VA Medical Center in Hampton, Virginia is committed to developing strong relationships within the community to better serve Veterans.

### **EXPANDED ACCESS AND AVAILABILITY OF VA SERVICES**

Enrollment Specialists meet individually with Veterans to discuss benefits that are available to them, how to qualify for programs and provide assistance filing VA Health Benefits Enrollment Eligibility Form 1010EZ.

### **WEB BASED SERVICES**

Located at [www.myhealth.va.gov](http://www.myhealth.va.gov), MyHealthVet, a web based program provides Vets access to world-class innovative communications between health care providers and those who are coordinating care.

### **HEALTH EDUCATION AND TRAINING**

RHI Team members provide initial and continuing health education services for Veterans in rural areas that include seminars on a variety of issues that face rural communities. RHI staff will schedule local seminars to address Veterans issues as needed.

### **SOCIAL SERVICES**

RHI Social Workers will assist Veterans, linking them to services and programs that are available to them within the VA and within their local community. Social Workers will also provide ongoing and continued case management for Veterans.

For additional information concerning services offered to Veterans, please contact RHI, Hampton, VA Medical Center at (757)344-9501.



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### LIFE SERVICES FOR VETERANS AND FAMILY MEMBERS

The Hampton, VA Medical Center offers Veteran Support Services to assist with improving quality of life. Support covers a broad range of services that include case management, living assistance and mental health services. These services are there to help Veterans, family members, and care givers who may require additional social support.

#### SUPPORT SERVICES

##### Operation Enduring Freedom / Operation Iraqi Freedom (OEF/OIF)

- Provide Brain Injury screening
- Assist with community and family re-adjustment
- Provide outreach to deployed and returning troops and family members.
- Provide post-deployment Mental Health Services
- Woman's Veteran Program
- Suicide prevention, counseling and education

##### Outpatient Program

- Medication Management
- Education about common conditions affecting Veterans, Care Givers and Family members
- Individual case management
- Group Activities
- Therapy
- Intervention for Aggressive Behaviors
- Memory Problems

##### Post Traumatic Stress Disorder (PTSD)

- Outpatient Services
- Residential Program/Domiciliary

##### Substance Abuse and Treatment Program

- Outpatient Program
- Drug Abuse Program/Domiciliary

The VA is here to provide medical and mental health care to Veteran. Readjustment challenges can affect many other areas of daily life. Whether you are a recent Veteran returning from combat or a Veteran from many years ago, the VA is here to serve our nation's heroes!

For additional information concerning services offered to Veterans, please contact Carvin Harmon, Social Worker, RHI, Hampton, VA Medical Center at (757)344-9501 or email at [Carvin.Harmon@va.gov](mailto:Carvin.Harmon@va.gov)

#### Case Management Services

- Advocate
- Linkage to Programs within the VA and the community
- Research

#### Homeless Assistance

- General Domiciliary
- Housing Urban Development Veterans Affairs Supportive Housing (HUD-VASH)
- Health Care For Homeless Veterans (HCHV)
- Domiciliary Care For Homeless Veterans (DCHV)
- Health Care For Re-Entry Veterans (HCRC)



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RURAL HEALTH INITIATIVE

## HAMPTON, VAMC PHARMACY

The VA offers clinical services to help manage medications and chronic disease states. Clinicians educate patients on how to manage diabetes, cholesterol, high blood pressure, and blood thinners. The Rural Health Initiative Team of pharmacists work together to ensure medication safety from inpatient to outpatient care.

### MEDICATION MANAGEMENT

- Preventing medication errors
- Preventing drug interactions
- Proper use of prescription medications
- Selection of over-the-counter medications
- Improving medication safety

### BENEFITS OF VA ENROLLMENT

- Prescriptions may be refilled by phone, mail or the Internet
- Prescriptions can be mailed directly to your home
- Medical and surgical supplies are available at the pharmacy
- Access to *MyHealthVet* through [myhealth.va.gov](http://myhealth.va.gov) for drug information and online refills
- Patient education classes

### **MyHealthVet** [myhealth.va.gov](http://myhealth.va.gov)

- Through the prescription history option, veterans can:
  - View and track VA prescription history
  - Print a copy of VA prescription history
  - Review and print specific information about a single prescription from the “View Details” option
- Through the refill prescriptions option, veterans can:
  - Refill VA prescriptions online without the wait
  - View active VA prescriptions
  - Select an active prescription to be refilled
  - Have the refills delivered to the home
  - Check the status of a refill order anytime from anywhere

Hampton VA Medical Center  
100 Emancipation Drive  
Hampton, VA 23667  
Phone: (757) 722-9961

**OUTPATIENT:**  
Monday – Friday  
8:00 a.m. - 5:30 p.m.

**INPATIENT:**  
Open 24 hours a day,  
7 days a week,  
365 days a year.

**For additional  
information contact:  
(757) 344-9501**



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