

Getting Started with Women Veterans Health Services



U.S. Department
of Veterans Affairs

Choose **VA**

This guide will help you apply for Women's Health Care, which includes regular checkups, prescriptions, and access to specialists, such as cardiologists, gynecologists, and mental health providers.

A checklist to help you apply for VA health care:

1

PREPARATION

- Collect the following information:
 - Discharge papers** (DD214 member-4 or equivalent)
 - Your most recent **tax return**
 - Social security numbers** for yourself and your dependents
 - Account numbers** for insurance programs you are enrolled in
 - Your **VA Disability Rating Decision** (if applicable)

2

APPLICATION

- Apply** by completing the health care application form (VA Form 10-10EZ) in one of these ways:
 - Visit us **online** at <https://www.va.gov/health-care/apply/application>
 - Give us a **call** at 877-222-8387 (press 1); M-F, 8 AM-8 PM EST
 - Visit us **in-person** at a VA Medical Center
 - Print out and **mail** the completed form to the Health Eligibility Center (2957 Clairmont Road, Suite 200, Atlanta, GA 30329)

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REVIEW AND DECISION

- Call** 877-222-8387 (press 2) if you haven't heard back from VA more than one week after you've submitted your application

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NEXT STEPS

If approved, take steps to access the benefits you are eligible for:

- Review priority group assignment** and personalized benefit handbook mailed by VA after enrollment
- Contact your local VA Medical Center to **set up an appointment**
- Make an appointment to obtain your **Veterans Health Identificaton Card (VHIC)**

WHERE CAN I FIND MY DISCHARGE PAPERS?

Visit <https://www.va.gov/records/get-military-servicerecords> to request a copy of your D214.

HOW WILL I FIND OUT ABOUT VA'S DECISION?

If **accepted**, you'll receive a phone call from VA and a personalized benefits handbook in the mail. If **denied**, you'll receive a letter indicating the reason.

WHAT ARE PRIORITY GROUPS?

During enrollment, each Veteran is assigned to one of eight priority groups based on different factors. Your priority group may affect what type of VA health care services you can access and how much you will need to pay for those services.

WHAT IS A VHIC?

A **VHIC** is a photo ID that gives you access to VA health care facilities. When you're enrolled in VA health care, you can get a VHIC by making an appointment with your local VA Medical Center to get your picture taken for your VHIC.

Information you'll need to know to access VA Women's health care:

Once you have determined your eligibility for care through the VA, you can go to the nearest VA Medical Center and enroll. You will be offered assignment to a designated Women's Health Primary Care Provider, who may be working in a women's clinic, or mixed gender clinic, depending on local arrangements at your site of care. Both provide comprehensive primary care and specialty care to meet the specific health needs and risks of women Veterans.

Can I transfer to a women's health care team if I am already enrolled in a primary care team?

Yes, if you are assigned to a Primary Care Provider who is not a Women's Health Provider, you will have the opportunity to be reassigned to a Women's Health Provider and Patient Aligned Care Team. Contact your Women Veteran Program Manager to discuss.

What health care Services are available to Women Veterans?

- Well-being Services
 - ✓ Health coaching
 - ✓ Mind-body therapies, yoga, and stress reduction
- General Health Services
 - ✓ Primary care- care for acute and chronic conditions,
 - ✓ Immunizations and cancer screenings such as mammogram, Pap and colonoscopy
 - ✓ Birth control
 - ✓ Family planning and preconception counseling
 - ✓ Menopause care
- Specialty Care Services
 - ✓ Gynecology care- including infertility counseling, treatment for pelvic pain and gynecologic cancers
 - ✓ Management of chronic or complex conditions
- Maternity Care Services
 - ✓ VA covers full maternity care from the time of the first positive pregnancy test through delivery and follow-up appointments
 - ✓ Full physical exams, lab tests, and ultrasounds
 - ✓ Genetic tests and specialty consultations
 - ✓ First seven days of newborn's care
 - ✓ Support for breast feeding
- Mental Health Services
 - ✓ Evaluation, counseling and treatment for depression, mood and anxiety disorders
 - ✓ Alcohol and drug use and addiction
 - ✓ Intimate partner violence/sexual and domestic abuse
 - ✓ Military sexual trauma
 - ✓ Posttraumatic stress
 - ✓ Stress adjustment from deployment

To learn more about the benefits you've earned, visit: <https://www.benefits.va.gov/persona/veteran-women.asp>.

OTHER QUESTIONS YOU MAY HAVE

How does VA support Military Sexual Trauma (MST) and combat PTSD survivors?

VA offers free counseling and support services that help Veterans recover from trauma. You don't have to be enrolled in VA health care nor have service-connected disabilities to access MST services. Visit <https://www.va.gov/health-care/health-needs-conditions/military-sexual-trauma> for more information.

Vet Centers also offer mental health services and counselling. For more information and their location, visit: <https://www.vetcenter.va.gov>.

What other resources are available?

- **Center for Women Veterans (CWV):**
<https://www.va.gov/womenvet>
Its mission is to monitor and coordinate VA's administration of health care, benefits services and programs for women Veterans. The CWV serves as an advocate for cultural transformation and raising awareness of the responsibility to treat women Veterans with dignity and respect.
- **Women Veterans Call Center (WVCC):**
855-VA-WOMEN (855-829-6636)
The WVCC staff is trained to provide women Veterans, their families and caregivers information about VA services and resources. The call is free, and you can call as often as you like. The Call Center is available Monday through Friday 8 AM - 10 PM EST, and on Saturdays from 8 AM - 6:30 PM EST. Call, chat or text available.
- **Veterans Crisis line** at 988 and press "1" to receive confidential support 24 hours a day, 7 days a week.
- **VA HUD-VASH PROGRAM.** If you are at risk of becoming homeless, visit <https://www.hud.gov/findshelter> for assistance or ask to speak to a social worker at your VA Medical Center.