

Women's Health Transition Training

# Women's Health Services

Veterans Affairs offers a full range of health care including comprehensive primary care, specialty care, mental health care, disease prevention and screening, emergency care, and women's health specialty care. VA health care for women Veterans includes:

## Primary Care

- General care includes **health evaluation and counseling, disease prevention, nutrition counseling, weight control, smoking cessation, and substance abuse counseling and treatment** as well as **gender-specific primary care**, e.g., cervical cancer screens (Pap smears), breast cancer screens (mammograms), birth control, preconception counseling, Human Papillomavirus (HPV) vaccine, menopausal support (hormone replacement therapy)

## Mental Health Care

- **Mental health care** includes **evaluation and assistance for issues such as depression, mood, and anxiety disorders; intimate partner and domestic violence; sexual trauma; elder abuse or neglect;** parenting and anger management; marital, caregiver, or family-related stress; and post-deployment adjustment or post-traumatic stress disorder (PTSD)
- **Military Sexual Trauma (MST).** Women—and men as well—may experience repeated **sexual harassment or sexual assault** during their military service. Special services are available to women who have experienced MST. VA provides free, confidential counseling and treatment for mental and physical health conditions related to MST

## Specialty Care

- **Management and screening of chronic conditions** includes heart disease, diabetes, cancer, glandular disorders, osteoporosis, and fibromyalgia as well as sexually transmitted diseases such as HIV/AIDS and hepatitis
- **Reproductive health care** includes maternity care, infertility evaluation and limited treatment, sexual problems, tubal ligation, urinary incontinence, and others. VA is prohibited by legislative authority from providing abortion services
- **Rehabilitation, homebound, and long-term care.** VA referrals are given to those in need of rehabilitation therapies such as physical therapy, occupational therapy, speech-language therapy, exercise therapy, recreational therapy, and vocational therapy. Homebound and long-term care services are available as well, limited to those meeting specific requirements

- ▶ Each VA Medical Center nationwide has a dedicated Women Veterans Program Manager to assist women Veterans and help coordinate all the services you may need
- ▶ To learn more about VA benefits: register for a virtual Women's Health Transition Training at [www.va.gov/womenvet/whtt/](http://www.va.gov/womenvet/whtt/)
- ▶ Live, virtual instruction sessions are available twice per day through **December 2020**. The schedule for 2021 is being finalized.
- ▶ Email [info@whttforyou.com](mailto:info@whttforyou.com) for questions or assistance

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