Women Veterans & Healthy Aging

Are you making healthy aging a priority in your life? Staying healthy as you grow older means taking time to recognize and address your changing health needs. VA provides a variety of primary and specialty care services that can help women Veterans age in good health.

Regular primary care visits

As you age, it's more important than ever to have regular conversations with your primary care provider. New health issues may be emerging, and your designated women's health provider can help you address them early. Women Veterans deserve the best care anywhere, and they can receive all of their primary care at VA—including woman-specific care.

Nutrition

How you fuel your body becomes more important as you age, too. A calcium-rich diet can help prevent osteoporosis, and eating well can reduce your risk of developing heart disease, stroke, type 2 diabetes, some kinds of cancer, and anemia. Talk with your primary care provider about making a nutrition plan that will help you age in good health.

Exercise

Activity is important at all stages of life, but many aging adults don't make an active lifestyle a priority. Even light exercise and physical activity can improve your health as you grow older, even if you already have conditions that accompany aging. VA can work with you to create an exercise plan that can work for you no matter what your current state of health is.

Women Veterans Program Managers: All VA medical centers have a designated Women Veterans Program Manager to help women Veterans access VA benefits and health care services. To find the VA medical center nearest you, call 1-877-222-8387 or visit www.va.gov/directory.

Women Veteran Call Center: Women Veterans can call 1-855-VA-WOMEN (1-855-829-6636) to ask questions about available VA services and resources.

Additional Resources:

Resource	Link
VA National Center for Health Promotion and Disease Prevention	http://www.prevention.va.gov/Healthy_Living/nine_healthy_living_messages.asp
National Institute of Health – Senior Health	http://nihseniorhealth.gov/index.html
Womenshealth.gov – Healthy Aging	http://www.womenshealth.gov/aging/wellness/index.html
Centers for Disease Control and Prevention – Exercise for Older Adults	http://www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html
Women's Health Services	www.womenshealth.va.gov