

Winter 2018

# SALUTE YOUR HEALTH

VA



U.S. Department  
of Veterans Affairs

Veterans Health  
Administration

Erie  
VA Medical Center



## Meet your New Year's resolution health goals!

The Erie VA Medical Center's Nutrition Clinic provides the nutrition education and counseling Veterans can use to improve their health. Whether a Veteran is monitoring their food intake for weight management, diabetes, pregnancy, or general health, the VA can help!

The Whole Health Program also offers Nutrition Courses with specific themes including:

- **Food and Mood – You Are What You Eat**

Our food choices can influence energy levels, blood sugar levels, mood, stress, memory and sleep. This class will show you some easy ways to improve brain health with a great tasting recipe.

- **Tame the Flame of Inflammation with Diet**

Learn how changes in your diet may help relieve the symptoms of chronic inflammation such as pain.

- **Your Kitchen Pharmacy – The Health Benefits of Herbs and Spices**

This class discusses how to use herbs as a flavor enhancer and the positive health impact of herbs.

### Nutrition Course Offerings

#### Healthy Teaching Kitchen Cooking Classes

Learn how to cook for a healthier YOU! Various healthy cooking demonstrations monthly. Diabetes cooking classes offered once a quarter.

#### MOVE! Weight Management

Individual or group appointments with a Registered Dietitian to work on your weight loss goals.

#### Nutrition Counseling

One-on-one sessions with a Dietitian to review your recommended nutrition prescription or your diet concerns.

#### Appointments

To schedule an appointment for one of our nutrition programs contact: 814-860-2554 or 1-800-274-8387 ext. 2554.

Nutrition Courses now offered on VA Online Scheduling app available at [mobile.va.gov](https://mobile.va.gov).

# Erie VA Medical Center Pharmacy Guide

**Erie VAMC Pharmacy:** 814-868-8661, press 1  
**Automated 24-Hour Refill Line:** 814-868-6284  
**Refill Online:** [www.myhealth.va.gov](http://www.myhealth.va.gov)

## Medication Refill Instructions

Request refills at least **two weeks before** you run out of your prescription.

Prescription refills are processed through the Consolidated Mail Outpatient Pharmacy (CMOP) located out of Chicago. Please allow 7-14 business days for your medication to be delivered.

### Prescription refill options:



#### By Phone

Automated 24-Hour Hotline:

- 814-868-6284
- 814-868-8661, press 1
- (toll free) 800-274-8387, press 1



#### Online with My HealtheVet

Log onto [www.myhealth.va.gov](http://www.myhealth.va.gov) and create an account if you do not already have one. With an advanced account, you can refill and track your VA prescriptions.



#### By Mail

A barcode refill slip will be sent with your last medication. Place the VA address label provided with your paperwork in an envelope with a stamp along with your barcoded refill slip and send through US mail.

## Outpatient Pharmacy

Located on the 1st floor of the Erie VAMC. The Erie VAMC Outpatient Pharmacy is for new, partial or emergency prescriptions only. Full prescription refills will be mailed.

### Hours of Operation:

- Monday-Friday from 8:00 a.m. - 6:00 p.m.
- Weekends from 8:00 a.m. - 4:00 p.m.
- Holidays from 8:00 a.m. - 4:00 p.m.

For more information, please contact the Erie VAMC Pharmacy at 814-868-8661 and press 1.

### Additional Pharmacy Information

- If you are a patient at one of the Community Based Outpatient Clinics (CBOCs) your prescriptions will be mailed to you.
- Please reorder your refills online, by phone, or by mail at least **two weeks before** you run out. Your cooperation refilling your prescriptions this way allows us to serve your fellow Veterans who require new, discharge or urgent prescriptions promptly.
- Tell your provider if another doctor has prescribed new medications or has changed the dose of medications you are taking.
- You must show a valid photo ID when picking up your medication.

## Emergency Care In the Community

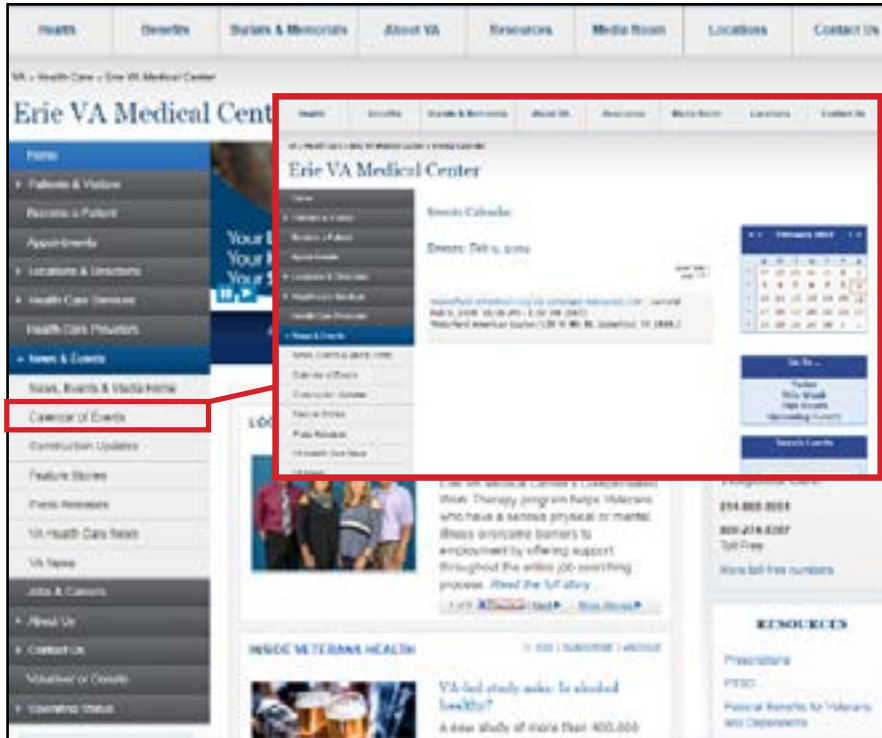
Notify the Erie VA when you visit a community Emergency Department or are admitted to a community hospital. **VA payment is not guaranteed.** Remember, to be considered for payment, **you must notify the VA within 72 hours.**

**Erie VA Non-VA Care Team: 814-860-2800**  
**8 am to 4:30 pm Monday- Friday**

*After 4:30 pm and on weekends, you can call 814-868-8661 and ask for the Medical Administration Assistant.*

# Events

View upcoming events by visiting  
[www.erie.va.gov/calendar.asp](http://www.erie.va.gov/calendar.asp).



## Veteran Health Fair

**Tuesday, February 12**

**10:00 am - 2:00pm**

**Erie VAMC - 2nd Floor**

Erie VA Medical Center invites Veterans and their families to attend the annual Veteran Health Fair to learn about a variety of VA healthcare programs and services.

### Meet with VA Health Experts On-Site:

- Eligibility & Enrollment
- Caregiver Support
- Smoking Cessation
- MOVE!
- MyHealtheVet
- Peer Support Specialists
- Women Veterans Program
- Whole Health
- Hospice Palliative Care
- Transitional Care
- Health Promotion
- Telehealth
- Vet Center
- .... and more!

### For more information, contact:

Erie VAMC's Health Promotion Program  
814-860-2695

## 2019 Veteran Events

*Town Halls, Resource Fairs, Open Houses & more!*

### Waterford American Legion Veterans Resource Fair

Date: Saturday, February 9

Time: 10am - 1pm

Location: Waterford American Legion

### National Salute to Veterans Week

Date: February 11-15

Location: Erie VAMC

For more information or to visit with patients, please contact the Voluntary Office at (814) 860-2453.

### Warren VA Clinic Open House

Date: Wednesday, April 10

Time: 2pm-4pm

Location: Warren CBOC

### Venango VA Clinic Open House

Date: Wednesday, April 17

Time: 2pm-4pm

Location: Venango CBOC

### McKean VA Clinic Open House

Date: Wednesday, April 24

Time: 2pm-4pm

Location: McKean CBOC

### Crawford VA Clinic Open House

Date: Wednesday, May 1

Time: 2pm-4pm

Location: Crawford CBOC

### Ashtabula VA Clinic Open House

Date: Wednesday, May 8

Time: 2pm-4pm

Location: Ashtabula CBOC

### Erie VA Veteran Town Hall

Date: Thursday, May 9

Time: 2pm-3pm

Location: Erie VAMC

### Erie VA Veteran Town Hall

Date: Wednesday, July 10

Time: 5:30 p.m. - 6:30 p.m.

Location: Erie VAMC



Salute Your Health is published quarterly as a patient education service by the Erie VA Medical Center. The publication is intended to provide information to help you stay well, manage your health care, and learn more about the many services available through the VA. This publication is not intended as a substitute for professional medical advice, which should be obtained from your provider. All articles may be reproduced for educational purposes. Our mission is to maintain and improve the health and well-being of Veterans by providing state-of-the-art comprehensive health care in a professional and pleasant environment. All models used for illustrative purposes only.

FOR MORE INFORMATION, PLEASE CONTACT US AT:

Erie VA Medical Center  
135 East 38th St., Erie, PA 16504  
814-868-8661 or 800-274-8387  
Check out our website for hours, telephone numbers, and maps at [www.erie.va.gov](http://www.erie.va.gov).



Erie VA Medical Center  
135 East 38th Street  
Erie, PA 16504



**Attention Postmaster: Time Dated Material Enclosed**

## VCS Patriot Cafe Reopens



The Erie VA Medical Center hosted the grand reopening of the VCS Patriot Cafe & Retail Store November 27. Hours of Operation are 7 a.m. to 3 p.m. Monday through Friday.

### Connect with us Online!

Looking to stay updated on Veteran Town Halls, health fair activities, and other Veteran-related events at the VA?  
Connect with us online!



[www.erie.va.gov](http://www.erie.va.gov)  
Subscribe for email updates!



@VAMCErie



@ErieVAMC

## Important Contacts

### Main Line – Phone Tree

814-868-8661

1-800-274-8387 (toll-free)

- Press 1 – Pharmacy
- Press 2 – Appointments, speak to the Call Center or a specialty care provider
- Press 3 – Nurse Line
- Press 4 – Eligibility
- Press 5 – Billing
- Press 7 – Veterans Crisis Line

### Behavioral Health Clinic

814-860-2038

### Veterans Crisis Line

1-800-273-8255 (Press 1)

### Ashtabula VA Clinic

866-463-0912

### Crawford VA Clinic

866-962-3210

### McKean VA Clinic

814-368-3019

### Venango VA Clinic

866-962-3260

### Warren VA Clinic

866-682-3250