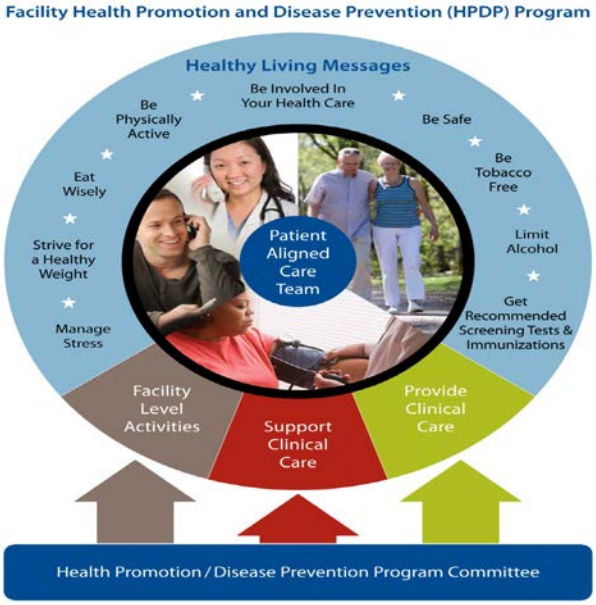
Health Promotion Disease Prevention: Evidence-Based health promotion and disease prevention services focus on the nine healthy living prevention behaviors: Be tobacco free, Strive for a healthy weight, Eat wisely, Be physically active, Manage stress, Be involved in your health care, Get recommend screening tests and immunizations, Be safe, and Limit alcohol.



VASFHCS(Fort Miley) and CBOC's Veteran Health Promotion, wellness, self-management classes and groups:

<u>Tobacco Free/Smoking Cessation</u>

Classes:

- **Medical practice Tobacco Cessation group Fort Miley**: drop-in, bldg. 200, 1st floor, Friday 1100-1200AM; Develop quit plan, nicotine replacement, stress management, relapse prevention contact 415-221-4810 x 5979 or x 4864

MH Group classes:

- **Smoking cessation clinic Fort Miley**: provider referral or contact 415-221-4810 x 4922;
- **Smoking cessation Drop-in Group Fort Miley**: Thursday 1115 AM Bldg. 1, Rm 14B contact 415-221-4810 x 4922 for more information.
- **Speaking of Smoking Fort Miley**: PRRC class enrollees only: Wednesday 1100AM contact 415-221-4810 x 3150
- **San Bruno smoking cessation class**: behavioral and emotional strategies to quit smoking, Fridays 2-3pm San Bruno clinic conference room, contact 415-221-4810 x5774 or San Bruno clinic 415-615-6000

Telephone quit lines:

- **VA Quit VET** – telephone coaching 1-855-QUIT-VET (1 855 784-8838) Monday-Friday, 5AM-5PM (PT). English and Spanish
- **VISN 21 Palo Alto TELEQUIT** includes medication evaluation and prescription, (800) 455-0057 ext. 60557 (Palo Alto), San Francisco: provider consult, Palo Alto Veterans self- refer
- **California Smokers helpline**: 800-No-BUTTS (800-622-8887)

Electronic Apps

- **Smoke free VET** – mobile text message smoking cessation service, text VET to 47848 or visit www.smokefree.gov/VET
- **Stay Quit Coach Mobile Smart Phone App**
- **VA Employees**: contact Occupational/Employee Health x2735
- **Self-help** materials: www.publichealth.va.gov/smoking
- **Tobacco cessation Women's health and Primary Care resource books:** Quit Tobacco Veteran workbooks and provider handbooks

Weight management

- **MOVE! Strength & Wellness Group Fort Miley:** (10 week: weight loss nutritional instruction, gym exercise & fitness instruction, Health coaching in each class) contact 415-221-4810 x 4262; or x 3471 or provider referral.
- **Introduction to MOVE! weight management class Fort Miley:** First Monday of each month 1-2pm medical practice contact x 4282 or x 2896
- **Individual weight management counseling** with dietitian: 415-221-4810 x 4262 or provider referral
- **Follow-up MOVE! Group Fort Miley:** Wednesday 1-2pm medical practice contact x 4810
- **Women's health nutritional counseling** 415-221-4810 x 2895 or provider referral
- **Women's MOVE!&Wellness group: Fort Miley and V-tel to Santa Rosa,** Thursday for 12 weeks, 2-330, Starting February 12th, 2015, contact 415-221-4810 x 2895 or provider referral

Eat Wisely/Healthy eating

- **Organic Farmer's Market VASFMC campus** weekly year round, Fort Miley Circle: Wednesday 1000-1400
- **Healthy low budget cooking classes VASFMC campus and Downtown clinic** with Cooking Matters, contact 415-221-4810 x 4262; or x 2895

Manage Stress

- **Medical Practice Stress Management group Fort Miley:** 9 session stress management skills and healthy lifestyle choices, Thursdays 3-4 PM, bldg. 200, 1st floor, contact 415-221-4810 x 5979 or x 4864
- **PTSD and Coping with Daily Stress Fort Miley:** Tuesday ongoing drop-in, 11-1150, Building 203, 1st floor, B wing rm 26A contact 415-221-4810 x 6536
- **Pain &wellness group classes for OEF/OIF Veterans Fort Miley:** mind-body retraining, Medical Practice Bldg. 200 1st floor, Wednesday 330-430 contact 415-221-4810 x 4621 or 415-571-4164
- **I Drive pain management group Fort Miley:** Learn new emotional and behavioral strategies for chronic pain management, Wednesday 230-330, Medical Practice Conference room, building 200, 1st floor, Contact 415-221-4810 x5979 or x 4621.
- **San Bruno I Drive pain management class:** New emotional and behavioral strategies to manage chronic pain, Thursdays 8 sessions, 230-330, San Bruno conference room contact 415-221-4810 x 5774 or San Bruno clinic 650-615-6000.
- **Santa Rosa and V-tel to Eureka Chronic pain group:** 8 week referral only group, develop strategies for successful pain management, Tuesday 11-1215pm contact 701-718-7244 or call Santa Rosa clinic 707-569-1300.
- **Downtown San Francisco Pain and Recovery group:** pain management tools, relaxation, mindfulness, learn the pain neurosystem, Friday 11-1200 downtown clinic conference room contact 415-571-4977 or contact Downtown clinic: 415-281-5100
- **Downtown San Francisco, Gay Bisexual, Men's Health and Wellness Group:** Positive physical and mental health coping strategies for stress and wellbeing, Wednesday, 230-330pm, contact 415-221-4810 x3107 or x 6308 or call Downtown clinic: 415-281-5100
- **Downtown San Francisco Trans Health and Wellness Group:** Positive physical and mental health coping strategies for stress and wellbeing, Wednesday, 1030-1130 contact 415-221-4810 x3107 or x 6308 or call Downtown clinic: 415-281-5100
- **Transitions Group, Fort Miley:** substance use management group: Wednesdays 4-5pm, Medical practice

contact 415-221-4810 x 3146 or drop in.

- **Free Legal Clinic for Veterans Fort Miley:** Wednesday 9-3pm Lobby San Francisco VA lobby advice on VA benefits and discharge upgrades, drop in no appointment needed.

Be Involved in Your Health Care -

- **MyHealtheVet** gain access to provider secure messaging; **MyHealtheVetLibrary** for health information**,** and **Healtheliving Assessment**: www.myhealth.va.gov find health age and risk of developing chronic disease that can be modified by healthy lifestyle behavior changes, contact 415-221-4810 x 3706 to sign up
- **Living well with Chronic Conditions**: 6 week workshop to healthier living , contact 415-221-4810 x 4164
- **Clearlake Living well group**: general wellness and learn coping skills, Thursdays 1-2pm contact clinic 707-995-7200.

Recommended Screening Tests and Immunizations

- **Flu vaccination : Medical Practice Drop-in Flu Clinic**: bldg. 200, 1st Floor Monday-Friday 0830-12N and 1-330P.M. or with scheduled primary care appointments
- **Veteran/Walgreens**/VA Flu shot partnership ask at San Francisco Walgreens Pharmacy.

Limit Alcohol

- **Rethinking Drinking and Using, Fort Miley:** Wednesday 4pm, Medical Practice Bldg 200, 1st floor contact 415-221-4810 x 3146
- **Life Ring: Empower Your Sober Self group, Fort Miley sobriety support group, Fort Miley:** Wednesday 1215-1pm, weekly ongoing drop-in, building 203, GA 48
- **San Bruno Life Ring: Empower Your Sober Self, sobriety support group :** Thursday 1200-1pm, ongoing drop-in, 1001 Sneath Lane San Bruno clinic Conference room, GA 48
- **Alcohol Anonymous 12 step VA peer support meetings for sobriety**, **Fort Miley** Monday and Friday weekly drop in ongoing , Building 203, rm GA 48 12-1pm.
- **Bumps in the Road: Veterans in Substance Abuse Program Group, Fort Miley:** 11:00 AM - 12:00 PM Bldg. 8, Room 121

Be Safe

- **Prepare to Prevent: Education Group, Fort Miley:** Sexual health and prevention: 2nd and 4th Wednesday 1100 Medical practice and every other Monday at 1100 1st floor Infectious disease waiting area contact 415-221-4810 x3517 or x3763
- **Ukiah drop-in Group for Homeless Veterans;** Connecting to resources, learn coping skills, Friday 1000-1100 contact Ukiah clinic 707-468-7700.

Specialized classes: **Diabetes:**

- **Diabetes Meter Class, Fort Miley**: use of meter and monitoring blood glucose, when to contact a provider, interplay between food, exercise, medications and blood glucose levels. Thursday's 200-300PM, building 200, specialty clinic module 2.
- **Living Well with Diabetes Fort Miley,** : Keeping blood glucose values in the target range; "tune up "diabetes management. Last Wednesday of the month: 1000-1200, building 200, specialty clinic module 2.
- **Diabetes Walk in Clinic: Answer all questions about diabetes, Fort Miley:** Wednesdays, building 200, Specialty clinics Module 2, drop in, no appointment necessary.
- **Nutrition and Diabetes**: diet and meal planning for individual needs, matching lifestyle and budget,
- **Intensive insulin management Fort Miley,** program, building 200, specialty clinic module 2.
- **Individual appointments with diabetes educator Fort Miley** (Monday - Friday), building 200, specialty clinic module 2 contact **415-221-4810x 3473** or 415- **221-4810 x 2895** or Provider referral to **Diabetes Education**