

Your Healthcare. IT'S ABOUT YOU.

By giving you tools to manage your healthcare, you become better informed and better equipped to receive the care you need and deserve.

Have questions?

Ask your VA healthcare providers about which of our services are available and right for you.



VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century

Your Healthcare, Your Way.



VA Hudson Valley Health Care System Montrose Campus

Route 9A/P.O. Box 100 Montrose, NY 10548-0100

Castle Point Campus

41 Castle Point Road Wappingers Falls, NY 12590

Visit us online at www.nynj.va.gov/virtualhealth.asp
for more information.



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Your Healthcare, Your Way.
Where You Want It. When You Want It.

Video Telehealth

Home Telehealth

Secure Messaging

My **healthvet**
www.myhealth.va.gov



My Health, My Care: 24/7 Access to VA

You Have a Choice.

Technology has made healthcare accessible. You have many more tools available to help you manage your healthcare. Here you'll find information on how they work and how you can benefit from each one.

Your healthcare, your way: VA is working for you.



Meeting YOUR LIFESTYLE

Having choices means meeting your needs. Whether you prefer a more traditional in-office approach, or the use of video and other technologies, the VA is here to work with you.

Home Telehealth – Track important health information such as heart rate, blood pressure, weight and blood glucose from the comfort your home. Information is transmitted through a phone, tablet or computer. This may be useful for a variety of medical or mental health conditions including diabetes, heart failure (HF), chronic obstructive pulmonary disease (COPD), depression or post-traumatic stress disorder (PTSD).

Video Telehealth - Instead of fighting traffic or mass transit to see a provider, the provider comes to you via secure video.

- The same technology used to talk to one another via phone or webcam, may be used by your VA healthcare provider.
- Your VA healthcare provider can now see you via video webcam at your VA community-based outpatient clinic (CBOC), VA facility, or from your home.

For more information to go:
www.nynj.va.gov/virtualhealth.asp



Home Telehealth



Video Telehealth

Ask QUESTIONS ANYTIME

Sign up for **MyHealthVet** and **Secure Messaging** to communicate with your VA healthcare provider between scheduled visits. **MyHealthVet** is the VA's online personal health record. You can track personal health information, refill prescriptions, have access to portions of your medical record, and communicate with your healthcare provider.

Instead of making a phone call, use **Secure Messages** to send questions to your VA health care team. You will receive a response within three business days.

Sign up at:
www.myhealth.va.gov

