

St. Cloud VA

# UPDATE

July 19, 2019



*A monthly newsletter for Veterans served by the St. Cloud VA Health Care System, and for those who serve them. Send news items and comments to St. Cloud VA Health Care System, Attn: Public Affairs Officer, 4801 Veterans Drive, St. Cloud, MN 56303, or via email to [barry.venable@va.gov](mailto:barry.venable@va.gov).*

## Getting Urgent Care when you need it!

VA implemented the MISSION Act on June 6. One of the lesser known provisions of the law established a new urgent care benefit that allows eligible Veterans access to urgent and walk-in care at participating clinics in their communities. This is in addition to the continuing ability to visit the St. Cloud VA Urgent Care Clinic in Bldg. 1 at the St. Cloud VA Medical Center, which is available to Veterans from 8 a.m. to 6 p.m., 365 days a year.

This is a giant step forward in terms of convenience for Veterans, as eligible Veterans do not need to get prior authorization from VA to visit an urgent care provider in VA's network.

This urgent care benefit is meant to give Veterans who do not live close to a VA urgent care clinic or who need care after-hours a convenient way to get treatment for minor injuries and illnesses such as colds, strep throat and pink eye. To be eligible for urgent and walk-in care, Veterans must be enrolled in the VA health care system and have received care through

VA from either a VA or community provider within the past 24 months.

As an example of how this works, please view this video:

<https://www.youtube.com/watch?v=Jk-eg4N29w0>

Veterans can view participating urgent care clinics in their local area by visiting:

<https://vaurgentcarelocator.triwest.com/Locator/Care>.

To learn more, read this factsheet or visit the Community Care website! Fact sheet: [https://www.va.gov/COMMUNITYCARE/docs/pubfiles/factsheets/VA-FS\\_Urgent-Care.pdf#](https://www.va.gov/COMMUNITYCARE/docs/pubfiles/factsheets/VA-FS_Urgent-Care.pdf#)

Website: [https://www.va.gov/COMMUNITYCARE/programs/veterans/Urgent\\_Care.asp](https://www.va.gov/COMMUNITYCARE/programs/veterans/Urgent_Care.asp)

## St. Cloud VA is Tobacco Free!

VHA Directive 1085, published in March 2019, directs that all VA health care facilities will be tobacco free for patients, visitors, contractors, volunteers and vendors. Accordingly, all St. Cloud VA HCS

facilities and properties are tobacco free starting July 15, 2019.

Smoking areas for patients, visitors, contractors, vendors and volunteers are being eliminated to be consistent with medical requirements and limitations and to prevent the creation of hazards to persons.

The tobacco free designation applies to all forms of cigarettes, cigars, pipes, and other combustion of tobacco and non-Federal Drug Administration (FDA) approved electronic nicotine delivery systems (ENDS), including but not limited to electronic or e-cigarettes, vape pens, e-cigars and chewing tobacco.

Achieving a tobacco free environment demonstrates VA's strong commitment to ensuring the health and safety of patients, visitors, contractors, vendors, and volunteers.

Your care team is available to assist you in quitting tobacco. Ask about Nicotine Replacement Therapy at your next appointment!

## Change to Optical Clinic Hours

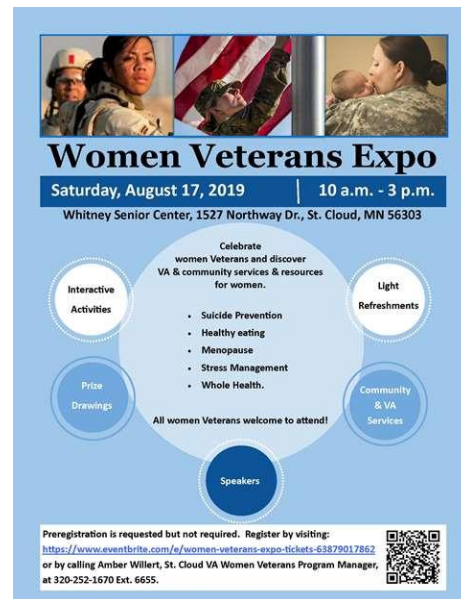
Starting July 29, the St. Cloud VA's Walk-In Optical Clinic hours of operation are from 8 a.m. to 2 p.m., Monday-Friday. Walk-in services available include eyeglass adjustments and minor repairs. Depending on volume, some waits may be experienced. As a reminder, visits with an Optometrist require a scheduled appointment.

## A Message from the Health Hub

Web based VA applications work best using the internet browser Google Chrome. If you are having trouble getting your applications such as My HeatheVet to work, please close your internet browser and try using Google Chrome to open the application instead.

## St. Cloud VA to host Women Veterans Expo

To honor and support women Veterans, a Women Veterans Expo is planned on Aug. 17, from 10 a.m. to 3 p.m., at the Whitney Senior Center, 1527 Northway Drive, in St. Cloud.



The poster for the Women Veterans Expo features a blue background with a central circular graphic. At the top, there are three small images: a woman in a military uniform, a woman in a military uniform with an American flag, and a woman in a military uniform. Below the images, the text reads "Women Veterans Expo" in a large, bold, white font. Underneath, it says "Saturday, August 17, 2019" and "10 a.m. - 3 p.m." in white text on a dark blue background. Below that, it says "Whitney Senior Center, 1527 Northway Dr., St. Cloud, MN 56303" in white text. The central graphic consists of a large white circle with a blue border, containing the text "Celebrate women Veterans and discover VA & community services & resources for women." Below this, there is a list of topics: "Suicide Prevention", "Healthy eating", "Menopause", "Stress Management", and "Whole Health." To the left of the central circle are two smaller white circles with blue borders, one labeled "Interactive Activities" and one labeled "Prize Drawings". To the right are two smaller white circles with blue borders, one labeled "Light Refreshments" and one labeled "Community & VA Services". Below the central circle is a smaller white circle with a blue border labeled "Speakers". At the bottom of the poster, there is a QR code and the text: "Preregistration is requested but not required. Register by visiting: <https://www.eventbrite.com/e/women-veterans-expo-tickets-63879017862> or by calling Amber Willert, St. Cloud VA Women Veterans Program Manager, at 320-252-1670 Ext. 6655."

The goal of the expo is to celebrate the service of women Veterans and to provide information about VA and community services and resources for women Veterans. Speakers will address several topics, including suicide prevention, healthy eating, menopause and stress management.

Preregistration is requested but not required. Register by visiting: <https://www.eventbrite.com/e/women-veterans-expo-tickets-63879017862> or by calling Amber Willert, Women Veterans Program Manager, at 320-252-1670, Ext. 6655 or Ext. 7625.

For more information about VA's benefits and services for women Veterans, visit <https://www.va.gov/womenvet>.

### **VA Community Clinics now offering Whole Health introductory course**

Starting July 3, VA clinics in Brainerd, Montevideo and Alexandria now offer Introduction to Whole Health educational classes the first Wednesday of every month, from 2 to 4 p.m., excluding federal holidays. Veterans and family members desiring to attend can contact their care teams to register.

The course is conducted live at the Brainerd VA Clinic, and Veterans at the Montevideo VA Clinic and Max J. Beilke VA Clinic in Alexandria participate via videoconference.

The Introduction to Whole Health class is also taught at the St. Cloud VA Medical Center at 2 p.m. on the first Friday and third Monday of each month, in the Patriot Café.

Introduction to Whole Health is an education class that equips Veterans to take charge of their health by emphasizing a self-focus on body, mind, spirit and soul, surroundings and other factors that help each Veteran create a personal system of life care to help live their lives to the fullest. This introduction encourages self-

exploration of what really matters in one's life.

Whole Health is the term applied to the VA approach to health care, and it's most easily described as a move away from a system designed around appointments primarily focused on disease management, to one that is based in a partnership over time focused on the patient's overall health and well-being—we help Veterans keep themselves healthy! Clinical appointments are just part of this approach; the VA system of care includes self-empowerment, self-healing and self-care. In the VA's Whole Health system of care, Veterans are empowered to explore what matters most—to determine why their health is important. Veterans are then equipped with self-care, skill building and support to their personal health plans. Supporting services are offered and include proactive, complementary approaches such as stress reduction, yoga, tai chi, mindfulness, nutrition, acupuncture and health coaching. Of course, at certain points everyone needs to see the professionals, whether at the VA, in the community, or both, and Veterans are provided with clinical care that supports the Veteran's personal health plan.

## Telephone Lifestyle Coaching Program

Telephone Lifestyle Coaching (TLC) helps Veterans learn to live healthier lives and reach wellness goals by providing personalized coaching over the phone. Experienced coaches work with Veterans to develop a tailored action plan in areas such as weight management, eating wisely, managing stress and more. TLC coaches are available by phone, so Veterans can participate when and where they want—there's no need for a visit to a medical center or CBOC to participate.

**Ask for a TLC referral today and work with your coach to:**

- Eat wisely
- Limit alcohol
- Manage stress
- Be physically active
- Strive for a healthy weight

**Why Telephone Lifestyle Coaching (TLC)?**  
TLC connects you with a personal health coach who will help you work on what's most important to you.

**You can do this. We can help.**  
Whether you want to take small steps or make big changes, your coach can help you work toward these healthy living goals:

- Eat wisely
- Limit alcohol
- Manage stress
- Be physically active
- Strive for a healthy weight

**Ready to take charge of your health?**

- 1 Discuss TLC with your health care team and ask for a referral.
- 2 Accept a call from a TLC coach to enroll.
- 3 Set your goals, make a plan, and meet with your coach over a series of calls to help you stay on track.

Questions? Ask your health care team or visit [www.prevention.va.gov/TLC](http://www.prevention.va.gov/TLC)

## VA extends Agent Orange presumption to 'Blue Water Navy' Veterans

The U.S. Department of Veterans Affairs is preparing to process Agent Orange exposure claims for 'Blue Water Navy' Veterans who served offshore of the Republic of Vietnam between Jan. 9, 1962 and May 7, 1975.

These Veterans may be eligible for presumption of herbicide exposure through Public Law 116-23, Blue Water Navy

Vietnam Veterans Act of 2019, which was signed into law June 25, 2019, and goes into effect Jan. 1, 2020. They may also qualify for a presumption of service connection if they have a disease that is recognized as being associated with herbicide exposure. The bipartisan Blue Water Navy Vietnam Veterans Act gives VA until Jan. 1, 2020, to begin deciding Blue Water Navy related claims. By staying claims decisions until that date, VA is complying with the law that Congress wrote and passed.

“VA is dedicated to ensuring that all Veterans receive the benefits they have earned,” said VA Secretary Robert Wilkie. “We are working to ensure that we have the proper resources in place to meet the needs of our Blue Water Veteran community and minimize the impact on all Veterans filing for disability compensation.”

Blue Water Navy Veterans are encouraged to submit disability compensation claims for conditions presumed to be related to Agent Orange exposure. Veterans over age 85 or with life-threatening illnesses will have priority in claims processing.

Veterans who previously were denied for an Agent Orange related presumptive condition can file a new claim based on the change in law. Eligible survivors of deceased Blue Water Navy Veterans also may benefit from the new law and may file claims for benefits based on the Veterans' service.

The new law affects Veterans who served on a vessel operating not more than 12 nautical miles seaward from the

demarcation line of the waters of Vietnam and Cambodia, as defined in Public Law 116-23. An estimated 420,000 to 560,000 Vietnam-era Veterans may be considered Blue Water Navy Veterans.

To qualify, under the new law, these Veterans must have a disease associated with herbicide exposure, as listed in 38 Code of Federal Regulations section 3.309(e).

Agent Orange presumptive conditions are:

- AL amyloidosis
- Chloracne or similar acneform disease
- Chronic B-cell leukemias
- Diabetes mellitus Type 2
- Hodgkin lymphoma, formerly known as Hodgkin's disease

- Ischemic heart disease
- Multiple myeloma
- Non-Hodgkin lymphoma, formerly known as Non-Hodgkin's lymphoma
- Parkinson's disease
- Peripheral neuropathy, early-onset
- Porphyria cutanea tarda
- Prostate cancer
- Respiratory cancers (lung, bronchus, larynx or trachea)
- Soft-tissue sarcoma (other than osteosarcoma, chondrosarcoma, Kaposi's sarcoma or mesothelioma).

For more information about Agent Orange exposure in Vietnam waters (Blue Water Navy Veterans), visit:

<https://www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/navy-coast-guard-ships-vietnam/>. Veterans seeking more information should contact their Veterans Service Officer, call VA's toll-free number at 800-827-1000 or

visit the VA Blue Water Navy Agent Orange website.

## VA Health Chat

St. Cloud VA Veterans can now receive care from VA without stepping foot into a facility with VA Health Chat.



The graphic features the VA Health Chat logo at the top, which includes a smartphone icon with a speech bubble. Below the logo is a photograph of a man sitting on a couch, looking at his phone. The text 'Connect with Your VA Care Team Over Chat' is prominently displayed. A short paragraph explains that users can receive care from VA without stepping foot into a clinic or hospital. Below this, there are two columns of text. The left column, titled 'Use VA Health Chat for immediate answers when:', lists three scenarios: feeling ill and unsure about going to an emergency room or clinic, having a reaction to a medication, and needing medical advice for a minor injury or illness. The right column, titled 'VA Health Chat team can also help you:', lists three services: providing a prescription refill, scheduling an appointment, and sending a message to a health care team. At the bottom, there is a 'Get Started Today!' section with a link to the VA Health Chat app and the VA Department of Veterans Affairs logo.

Have a question about a minor health ailment, but not sure if you need an appointment? In as little as 60 seconds, you are connected to a VA health care team member, ready to give you medical advice. Chat hours are Monday through Friday from 7:30 a.m. to 4:30 p.m. Having a reaction to a medication or need a prescription filled? VA health care team members can help determine next steps with medication issues or can help you order your prescription refills.

VA Health Chat is available on the VA App Store by visiting: <https://mobile.va.gov/app/va-health-chat>.

To access VA Health Chat, you will need either a My HealthVet premium account User ID and password, DS Logon, or ID.me. For more information on creating VA credentials

visit: <https://mobile.va.gov/login-information>

We also encourage you to complete the survey at the end of your chat encounter.

## **National Disabled Veterans TEE Tournament**

The National Disabled Veterans TEE (Train, Expose, Experience) Tournament (NDVTEE) is a week-long adaptive golf program that is hosted by the Iowa City Veterans Healthcare System. This annual event promotes rehabilitation by instructing veterans with visual impairments and other life-changing disabilities in adaptive golf. In addition to adaptive golf veterans will be introduced to other adaptive recreational sports.

The NDVTEE Tournament leverages VHA's adaptive sports medicine model with adaptive golf as the focus to health and wellness promotion. All the activities offered by the NDVTEE Tournament office will give veterans an opportunity to develop new skills, strengthen their self-esteem, and expand fellowship and camaraderie among the participants. The events provide eligible veterans with an opportunity to participate in therapeutic adaptive sporting, fishing and hunting activities; which demonstrates that having a visual impairment or physical disability is a conquerable obstacle to an active, fulfilling and rewarding life. For more information visit:

<https://www.blogs.va.gov/nvspse/national-disabled-veterans-tee-tournament/>

## **VA Summer Games**

The 5th Annual VA Summer Games are planned for August 3, 2019, at the St. Cloud VA Medical Center.

The Summer Games are open to all Veterans enrolled at the St. Cloud VA and include wheelchair and ambulatory divisions in each event. Water and first aid services are provided during the event. Two new events have been added this year, bowling and disc golf.

Registration packets are available and can be obtained in the St. Cloud VA Medical Center Fitness Clinic in Building 48, Room 16, by contacting the VA Summer Games staff at 320-252-1670, extension 6180, or by visiting the St. Cloud VA homepage at <https://www.stcloud.va.gov>.

## **Mobile platform connects service members and Veterans to peer support and mental health services**

The U.S. Department of Veterans Affairs (VA) is partnering with the nonprofit Objective Zero Foundation to aid in connecting Veterans with suicide prevention support and resources.

The partnership provides a shared goal of preventing suicide among service members and Veterans, with a special focus on service members transitioning out of the military.

Objective Zero offers a free mobile app that instantly and anonymously connects Veterans, service members, their families and caregivers to suicide prevention resources and a nationwide community of

peer supporters via text, voice, and video chat.

VA has a suite of mobile mental health apps that offer information about mental health issues, tools to help develop and practice coping skills, and assessments that allow users to track progress over time.

Learn more at

<http://www.ptsd.va.gov/appvid/mobile>The Objective Zero app can be downloaded at <https://www.objectivezero.org/app>.

Veterans who are in crisis or having thoughts of suicide, and those who know a Veteran in crisis, can call the Veterans Crisis Line for confidential support 24 hours a day, seven days a week, 365 days a year. Call 800-273-8255 and press 1, send a text message to 838255 or chat online at [VeteransCrisisLine.net/Chat](http://VeteransCrisisLine.net/Chat).

## UPCOMING EVENTS

### Connected Care Class

Monday, July 22 2-3:30 p.m.  
St. Cloud VA, Patriot Café  
(Bldg. 95, Canteen)

Veterans enrolled at St. Cloud VA HCS are invited to attend hands-on training for all things connected care, including MyHealthVet, VA Video Connect, Annie App and more!

### 2019 Veterans Community Mental Health Summit

Tuesday, July 23 7:30 a.m.-Noon  
Resource Training & Solutions, 137 23rd Street South, Sartell MN

The goal of the Mental Health Summit is to engage in active dialog on how together, the community and the VA health care system can best address the mental health

care needs of Veterans. To register visit [www.eventbrite.com](http://www.eventbrite.com) and search for St. Cloud Veterans Affairs-Community Mental Health Summit or contact Matt Mrnak at (320) 252-1670 Ext. 6236 or via email at: [Matthew.Mrnak@va.gov](mailto:Matthew.Mrnak@va.gov)

### Taking Charge of My Life & Health

Wednesday, July 24 2-4 p.m.  
St. Cloud VA, Patriot Cafe (Bldg. 95, Canteen)

After completion of Intro to Whole Health, Veterans may also choose to participate in an expanded Whole Health Pathway learning program referred to as Taking Charge of My Life and Health. These courses are designed to provide a group-based experience in camaraderie with other Veterans, and in the interests of privacy and respect for others, are limited to Veterans enrolled for care.

### Health Care Enrollment Fair

Thursday, July 25 10:30 a.m. -12:30 p.m.  
Aitkin Public Library, 110 1st Ave. NE, Aitkin MN

Military service is valuable to the nation, and in return VA health care enrollment can provide a lifetime of valuable benefits to eligible Veterans and their families.

Are you a Veteran or family member still wondering what benefits you or your loved one may be eligible to receive?

Hosted by County Veteran Service Officers and the St. Cloud VA Health Care System, this Health Care Enrollment Fair provides direct information and personal assistance to Veterans in applying for VA health care benefits.

### **Introduction to Whole Health**

Friday, August 2                      2-4 p.m.

St. Cloud VA, Patriot Café  
(Bldg. 95, Canteen)

An education class taught by Veteran peers that equips you to take charge of your health by emphasizing a self-focus on body, mind, spirit and soul, surroundings and other factors that help you create a personal system of life care. Pre-registration is not required.

### **St. Cloud VA Summer Games**

Saturday, August 3                      8 a.m.-2 p.m.

St. Cloud VA, Patriot Cafe (Bldg. 95, Canteen)

The Summer Games are open to all Veterans enrolled at the St. Cloud VA and include wheelchair and ambulatory divisions in each event. Water and first aid services are provided during the event. Check-in begins at 8 a.m. Some on-site registration for certain events; most events require advance registration. The one mile walk and race begins at 9 a.m., and the opening ceremony is scheduled for 10 a.m. Remaining events start at 10:30 a.m., and the awards ceremony is scheduled at 1:30 p.m.

Registration packets are available and can be obtained in the St. Cloud VA Medical Center Fitness Clinic in Building 48, Room 16, by visiting [www.stcloud.va.gov](http://www.stcloud.va.gov), or by contacting the VA Summer Games staff at 320-252-1670, extension 6180.

Additional information about the games is available at

<https://www.facebook.com/StCloudVAHCS>.

### **Veterans Radio Show**

Monday, August 5                      8:10-8:30 a.m.

KNSI AM 1450/FM 103.3

### **Veterans Law Clinic (by appointment only)**

Tuesday, August 6                      Noon-2 p.m.

St. Cloud VA, Bldg. 28, Room 34

Free legal consultation for Veterans for Social Security law, housing, child support, family law, employment and expungement. No criminal law issues will be discussed. Please call (320) 253-0138 or 1-800-622-7773 to schedule an appointment.

### **Health Care Enrollment Fair**

Wednesday, August 7                      10 a.m. -Noon

Pine River American Legion Post #613, 400 Front Street, Pine River MN

Military service is valuable to the nation, and in return VA health care enrollment can provide a lifetime of valuable benefits to eligible Veterans and their families.

Are you a Veteran or family member still wondering what benefits you or your loved one may be eligible to receive?

Hosted by County Veteran Service Officers and the St. Cloud VA Health Care System, this Health Care Enrollment Fair provides direct information and personal assistance to Veterans in applying for VA health care benefits.

### **Introduction to Whole Health for VA Community Clinics**

Wednesday, August 7                      2-4 p.m.

Brainerd VA Clinic, 722 NW 7th Street, Brainerd MN, Veterans at Montevideo VA Clinic and Max J. Beilke VA Clinic can participate via videoconference.

VA clinics in Brainerd, Montevideo and Alexandria now offer Introduction to Whole Health educational classes taught by Veteran peers that equips you to take charge of your health by emphasizing a self-focus on body, mind, spirit and soul, surroundings and other factors that help



you create a personal system of life care. Pre-registration is not required. Veterans and family members desiring to attend can contact their care teams to register.

### **Coffee Talk**

Friday, August 9 2-3 p.m.  
St. Cloud VA, Patriot Cafe (Bldg. 95, Canteen)

Veterans are invited to attend Coffee Talk to learn "How to use" the VA effectively, services overview, Q & A and a tour. Spouses and caregivers are welcome. Dial-in to Coffee Talk via telephone at 800-767-1750 and enter participant code number 11242. Pre-registration is not required.

### **Connected Care Class**

Monday, August 12 2-3:30 p.m.  
St. Cloud VA, Patriot Café (Bldg. 95, Canteen)

Veterans enrolled at St. Cloud VA HCS are invited to attend hands-on training for all things connected care, including MyHealtheVet, VA Video Connect, Annie App and more!

### **Women Veterans Expo**

Saturday, August 17 10 a.m. -3 p.m.  
This expo is to celebrate the service of women Veterans and to provide information about VA and community services and resources for women Veterans. Speakers will address several topics, including suicide prevention, healthy eating, menopause and stress management. Preregistration is requested but not required. Register by visiting: <https://www.eventbrite.com/e/women-veterans-expo-tickets-63879017862> or by calling Amber Willert, Women Veterans

Program Manager, at 320-252-1670, Ext. 6655 or Ext. 7625.

For more information about VA's benefits and services for women Veterans, visit <https://www.va.gov/womenvet>.

### **Introduction to Whole Health**

Friday, August 19 2-4 p.m.  
St. Cloud VA, Patriot Café (Bldg. 95, Canteen)

An education class taught by Veteran peers that equips you to take charge of your health by emphasizing a self-focus on body, mind, spirit and soul, surroundings and other factors that help you create a personal system of life care. Pre-registration is not required.

### **Veterans Law Clinic (by appointment only)**

Tuesday, August 20 Noon-2 p.m.  
St. Cloud VA, Bldg. 28, Room 34

Free legal consultation for Veterans for Social Security law, housing, child support, family law, employment and expungement. No criminal law issues will be discussed. Please call (320) 253-0138 or 1-800-622-7773 to schedule an appointment.

### **Voices for Veterans Radio Show**

Wednesday, August 21 8:10-8:30 a.m.  
WJON AM 1240

### **Taking Charge of My Life & Health**

Wednesday, August 21 2-4 p.m.  
St. Cloud VA, Patriot Cafe (Bldg. 95, Canteen)

Completion of Intro to Whole Health is a prerequisite.

Veterans may also choose to participate in an expanded Whole Health Pathway learning program referred to as Taking Charge of My Life and Health. These courses are designed to provide a group-

based experience in camaraderie with other Veterans, and in the interests of privacy and respect for others, are limited to Veterans enrolled for care.

**Connected Care Class**

Monday, August 26                      2-3:30 p.m.  
St. Cloud VA, Patriot Café  
(Bldg. 95, Canteen)

Veterans enrolled at St. Cloud VA HCS are invited to attend hands-on training for all things connected care, including MyHealthVet, VA Video Connect, Annie App and more!

**Taking Charge of My Life & Health**

Wednesday, August 28                      2-4 p.m.  
St. Cloud VA, Patriot Cafe (Bldg. 95, Canteen)

Following completion of Intro to Whole Health, Veterans may also choose to participate in an expanded Whole Health Pathway learning program referred to as Taking Charge of My Life and Health. These courses are designed to provide a group-based experience in camaraderie with other Veterans, and in the interests of privacy and respect for others, are limited to Veterans enrolled for care.

*For a complete Calendar of Events, go to <https://www.stcloud.va.gov/calendar.asp>*

**DID YOU KNOW?**

- The Union ironclad, Monitor, was the first U.S. ship to have a flush toilet.
- The U.S. city with the highest rate of lightning strikes per capita is Clearwater, Florida
- Donald Duck comics were banned in Finland because he doesn't wear pants.
- A snail can sleep for 3 years.
- Earth is hit by 6 tons of meteorites every day.

## Quick Reference Phone List

<b>Main St. Cloud VA HCS Phone Number</b>	<b>320-252-1670 or 800-247-1739</b>
TDD User	320-255-6450
<b>Max J. Beilke VA Clinic, Alexandria</b>	320-759-2640
<b>Brainerd VA Clinic</b>	218-855-1115
<b>Montevideo VA Clinic</b>	320-269-2222
<b>Veterans Crisis Line</b>	<b>800-273-8255 Press 1</b>
<b>Homeless Veteran Hotline</b>	877- 424-3838

### Billing:

- VA Care 866-347-2352
- Care in the Community (non-VA care) 877-881-7618

Chaplain Service	Ext. 6386
Community Care Referrals	Ext. 6401
Discrimination Complaints	Ext. 6304
Eligibility	Ext. 6340
Nutrition Clinic	Ext. 6376
Transition & Care Management Program	Ext. 6453
Patient Advocate	Ext. 6353
Pharmacy Refill Line	855-560-1724
Privacy Officer	Ext. 6408
Public Affairs Office	Ext. 6353
Release of Information (Medical Records)	Ext. 6336
Transportation	Ext. 7622
TRICARE	844-866-9378
Voluntary Service	Ext. 6365
VA Police	Ext. 6355

## Stay in Touch

Visit our Website: [www.stcloud.va.gov](http://www.stcloud.va.gov)

Like us on Facebook: [www.facebook.com/StCloudVAHCS](http://www.facebook.com/StCloudVAHCS)

Sign up for our automated email service. Visit the St. Cloud VA Website at: <http://www.stcloud.va.gov> and on the right-hand side of the page is a request to sign up for email updates. Enter your email address and you are automatically signed up to receive email updates from our web page. There are also options presented to sign up for updates from other government sites.