Online Scheduling Available through My HealtheVet!

This past fall, VA expanded Veterans’ access to scheduling by integrating VA Online Scheduling, formerly known as the Veteran Appointment Request (VAR) App, into My HealtheVet. You can now schedule and manage your primary care and certain specialty care VA appointments online through the health portal at participating VA facilities, including the St. Cloud VA.

To do so, you need to be registered as a patient in My HealtheVet and have a Premium Account.

- If you are eligible to use online scheduling, you will see a “Schedule a VA Appointment” option when you log in.

- If you don’t have a My HealtheVet Premium Account, visit My HealtheVet or stop in at the Health Hub at the St. Cloud VA, Building 29, Room 20, just down the ramp from the Canteen services. Veterans who have used online scheduling in the past with their DS Logon (Level 2) Premium Account will also be able to continue to log in with their existing credentials.

Online Scheduling Features

Once you’re logged in, you can:

- **Self-schedule** primary care appointments at participating VA facilities where you have had a primary care appointment in the past two years.
• **Request help scheduling** primary care appointments at participating VA facilities where you receive care.

• **Self-schedule or request help scheduling** specialty appointments, such as outpatient mental health, optometry and audiology, at participating facilities.

• **View or cancel** appointments and requests.

• **Track** the status of appointment requests.

• **Send messages** about requested appointments.

• **Get notifications** about appointments.

**Need help?**

If you need help with online scheduling, please dial 1-877-470-5947. For TTY assistance, dial 711. The Help Desk is open weekdays from 7 a.m. – 7 p.m. CT. For personal assistance, visit the Health Hub at the St. Cloud VA, Building 29, Room 20.

**VA Video Connect Already Helps Thousands**

The nationwide rollout of [VA Video Connect](https://www.va.gov/vaconnect/) began in July and has already helped thousands of Veterans get the care they need via secure, live video telehealth appointments.

In the first five months, a total of 8,067 Veterans attended 24,752 VA Video Connect appointments with more than 2,100 VA care team members. The application’s release couldn’t have been more perfectly timed. In the immediate aftermath of hurricanes Harvey and Irma, VA activated its emergency response system, which included telehealth and in some instances VA Video Connect, as part of the emergency response system.

“The bottom line is that telehealth is meeting Veterans where they are,” said Dr. Leonie Heyworth, VA’s acting national telehealth advisor for primary care. “We are making things flexible and convenient for them.”

Dr. Heyworth is one of the many VA clinicians across the country who used VA Video Connect and other video technologies to hold virtual health care appointments with Veterans in the hurricane regions. Watch her story in this [video](https://www.va.gov/vaconnect/).

With VA Video Connect on a desktop, smartphone or tablet, Veterans can participate in video appointments that are encrypted to ensure a secure, private session. The application’s rollout will continue until all VA facilities are on board.

Veterans are encouraged to check with their care team about adding telehealth as part of their care.
Coffee Talk

Non-enrolled Veterans, Veterans new to the VA health care system, and enrolled Veterans who want to learn how to most effectively use VA systems of care are invited to attend Coffee Talk on Friday, Mar. 9, at 2 p.m., in Building 4, Room 114, at the St. Cloud VA Medical Center (enter via Bldg. 1 entrance). Can’t make the Talk in person? Dial-in via telephone at: 800-767-1750, participant code 11242#.

Career Fair at the St. Cloud VA

To meet increasing demand for services by Veterans the St. Cloud VA needs to fill numerous job openings, and is hosting a career fair for nursing, clinical social work and medical clerk occupations at the St. Cloud VA Medical Center, Bldg. 1, on Saturday, Apr. 28, from 9 a.m. until noon. The fair features an introductory session designed to educate applicants on the federal hiring process, and VA staff will be available to assist people with understanding the process. Pre-registration is not required. Attendees are encouraged to bring a copy of their resume or CV, and a laptop computer or tablet so they can set up an account in the electronic hiring system during the event. MSW (or 2018 MSW Candidate) required for Clinical Social Workers.

Information on benefits, advancements, pay scales, and the VA boarding process will be available at the career fair.

On the spot interviews will be held for various positions. Visit www.usajobs.gov for a list of current job openings.

For more information on the career fair contact Sarah Garrett at 320-252-1670, ext. 6002, or Elaine Eckstrom, at 320-252-1670, ext. 7276.

Camp Lejeune: Past Water Contamination

From the 1950s through the 1980s, people living or working at the U.S. Marine Corps Base Camp Lejeune, North Carolina, were potentially exposed to drinking water contaminated with industrial solvents, benzene, and other chemicals.

Learn about research on past chemical contamination.

Disability compensation

VA has established a presumptive service connection for Veterans, Reservists, and National Guard members exposed to contaminants in the water supply at Camp Lejeune from August 1, 1953 through December 31, 1987 who later developed one of the following eight diseases:
• Adult leukemia
• Aplastic anemia and other myelodysplastic syndromes
• Bladder cancer
• Kidney cancer
• Liver cancer
• Multiple myeloma
• Non-Hodgkin's lymphoma
• Parkinson's disease

Presently, these conditions are the only ones for which there is sufficient scientific and medical evidence to support the creation of presumptions; however, VA will continue to review relevant information as it becomes available.

Read the final rule.

Veterans who are experiencing other health conditions that they think may be related to contaminated water at Camp Lejeune are encouraged to contact their primary care provider and to file a claim. VA reviews and decides disability compensation claims on a case-by-case basis.

**Camp Lejeune Families Act of 2012**

**Veterans' health care**
In accordance with the 2012 Camp Lejeune health care law, VA provides cost-free health care for certain conditions to Veterans who served at least 30 days of active duty at Camp Lejeune from January 1, 1957 and December 31, 1987.

Qualifying health conditions include:

- Esophageal cancer
- Breast cancer
- Kidney cancer
- Multiple myeloma
- Renal toxicity
- Female infertility
- Scleroderma
- Non-Hodgkin's lymphoma
- Lung cancer
- Bladder cancer
- Leukemia
- Myelodysplastic syndromes
- Hepatic steatosis
- Miscarriage
- Neurobehavioral effects
- Lung cancer
- Bladder cancer
- Leukemia
- Myelodysplastic syndromes
- Hepatic steatosis
- Miscarriage
- Neurobehavioral effects

Veterans eligible for health care under the 2012 Camp Lejeune health care law may enroll in VA health care and receive medical services for the 15 covered health conditions at no cost (including copayments).

Not yet enrolled in VA health care? Apply online, call 1-877-222-8387 for help, or visit the Eligibility Office at the St. Cloud VA, which is located on the ground floor of Building 1.

Inform VA staff that you served on active duty at Camp Lejeune for at least 30 days during the covered time period.

**Family member health care reimbursement**
Family members of Veterans who also resided at Camp Lejeune during the
qualifying period are eligible for reimbursement of out-of-pocket medical expenses related to the 15 covered health conditions. VA can only pay treatment costs that remain after payment from your other health plans. Apply online for reimbursement or call 1-866-372-1144 for help.

For a quick recap, view this video in which VA Secretary Dr. David Shulkin describes Veteran disability compensation and health care benefits available for Veterans and, in some cases, family members stationed at Camp Lejeune.

UPCOMING EVENTS

Central Minnesota Farm Show
Thursday, Mar. 1 9 a.m.-3 p.m.
River’s Edge Convention Center
10 4th Ave. South, St. Cloud
Stop by the St. Cloud VA booth to learn more about eligibility and health care services.

Veterans Affairs Radio Show
Monday, Mar. 5 8:10-8:30 a.m.
KNSI AM 1450/FM 103.

Veterans Law Clinic (by appointment only)
Tuesday, Mar. 6 Noon-2 p.m.
Tuesday, Mar. 20 Noon-2 p.m.
St. Cloud VA, Bldg. 28, Room 126
Free legal consultation for Veterans. No criminal law issues will be discussed. Please call 320-253-0138 or 1-800-622-7773 to schedule an appointment.

Mental Health Recovery Outreach Group
Wednesday, Mar. 7 5-6 p.m.
Good Earth Co-Op

2010 Veterans Drive, St. Cloud
Hosted by the St. Cloud VA, Veterans and family members are welcome to attend. VA enrollment or pre-registration is not required to attend the meeting.

Coffee Talk
Friday, Mar. 9 2-4 p.m.
St. Cloud VA, Bldg. 4, Room 114
Learn how to most effectively use VA systems of care. If you can’t come in person, dial-in via telephone at: 800-767-1750, participant code 11242#. All Veterans are welcome.

Voices for Veterans Radio Show
Wednesday, Mar. 21 8:10-8:30 a.m.
WJON AM 1240.

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

DID YOU KNOW

• No other animal gives us more by-products than the pig.

• The Australian Emu holds the land speed record for birds at 31 mph.

QUOTATION OF THE DAY

"A verbal contract isn't worth the paper it is written on."

- Samuel Goldwyn
Quick Reference Phone List

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

Billing 866-347-2352
Chaplain Service Ext. 6386
Discrimination Complaints Ext. 6304
Eligibility Ext. 6340
Non-VA Medical Care Billing Ext. 6483
Non-VA Medical Care Referrals/Choice Ext. 6401
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

Like us on Facebook: 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.