

Veterans Quit Tobacco

The VA has partnered with the DoD/TRICARE to give veterans access to the Quit Tobacco—Make Everyone Proud Web site (<http://www.ucanquit2.org>). The Web site provides virtual tools, such as live chat services and personalized quit plans, for active military and veteran populations to stop tobacco use. When opening the main page of the Quit Tobacco page, users will see a “VA Veterans” section on the right side.

Users of the Web site can use the “Live Chat” feature, a one-on-one, real-time chat that gives TRICARE beneficiaries, and veterans enrolled in the VA, the opportunity to speak with a tobacco coach and ask questions about quitting smoking and chewing tobacco. The professional also can give guidance in remaining tobacco free. The live chat feature is available 7 days a week, 24 hours a day. If an individual visiting the Web site is not eligible for TRICARE/VA benefits, the Web site offers alternative services through other organizations that offer the feature.

“Train2Quit” is a confidential, interactive program offered through the Quit Tobacco Web site. Registered users are exposed to tools such as self-assessment questionnaires, customized quit plans with a calendar to track progress, and tips to strike cravings, avoid weight gain, and manage adverse effects from quitting tobacco. The Web site offers a tutorial video, so users can learn how to navigate the program easily and see if it’s a suitable resource for their journey in becoming tobacco free.

The “Frequently Asked Questions” section offers a resource library about smoking and chewing tobacco. Answers to questions about cancer are

provided, along with statistics and information on secondhand smoke, smokeless tobacco, and more. Links here also reveal stories from U.S. service members throughout the country, celebrating their success and sharing their positivity.

To receive continuous support and information, users can access the Quit

The home page of the NCP is a map for all of the Web site’s resources. The center of the home page showcases “In the News” and “Hot Topics” sections, both of which offer up-to-date information about important topics in the VA.

A rolling toolbar, on the top of the page, offers “Healthy Living Messages.” Each image offers a link to a



Tobacco’s Facebook and Twitter pages through the home page. Users can also play games, calculate their financial savings if they quit smoking, and sign up for quit tips that are sent as text messages to mobile phones.

NCP Becomes a One-Stop Site for Veteran Health

The Department of Veterans Affairs National Center for Health Promotion & Disease Prevention (NCP) recently revised their Web site (<http://www.prevention.va.gov>). The page provides information, tips, and resources about healthy living for veterans, VA employees, stakeholders, and clinicians.

different part of the Web site, as well as a short description of what that section offers. “Strive for a Healthy Weight,” “Be Physically Active,” and “Be Tobacco Free,” are just 3 of the 9 healthy living messages on the NCP Web site.

The MOVE! Weight Management Program, a national weight management program designed by the VHA NCP, is showcased, and visitors can request more information on the project and its goal. Health care professionals can also use the MOVE! resources, such as patient questionnaire printouts and reference tools, offered through this page.

Patient Care Services is linked through the NCP home page as well.

Continued on page 46

Continued from page 44

This includes links to the National Caregiver Support Line and Suicide Prevention Page. The Patient Resources section hosts links to information about veteran issues, such as posttraumatic stress disorder, substance abuse, prosthetics, and more.

Lastly, veterans can access their My HealthVet accounts directly through the NCP Web site.

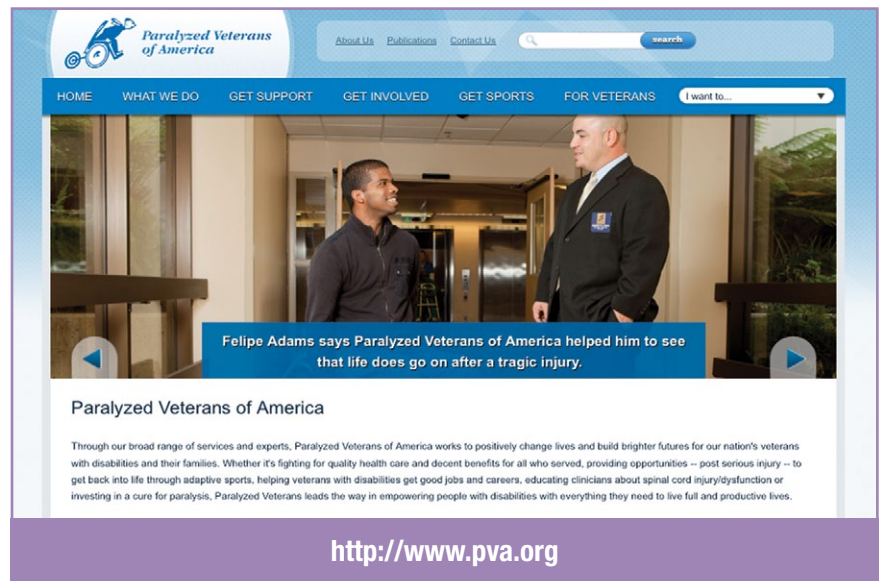
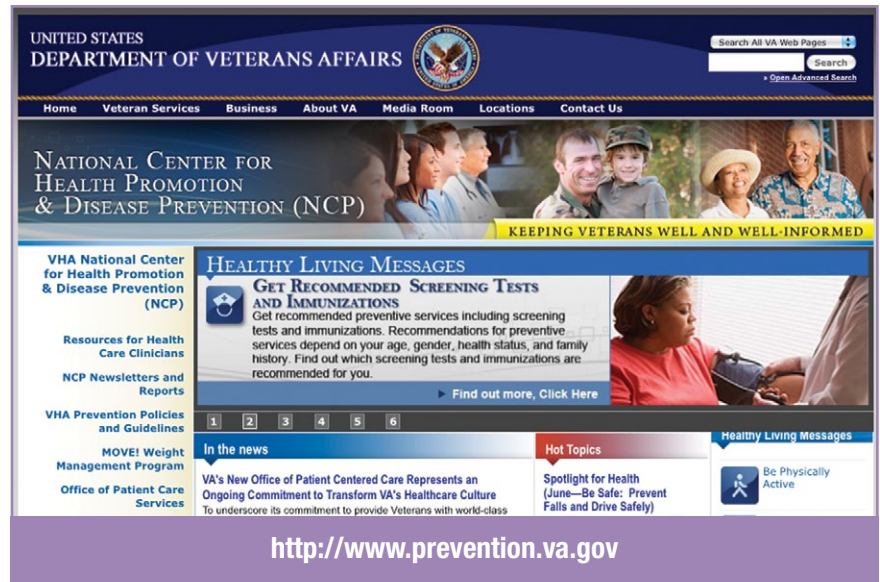
Paralyzed Veterans Join Together Online

Recently, the Paralyzed Veterans of America's Web site (<http://www.pva.org>) was revamped. The new Web site makes navigation easier, supplies access to news and information, and supplies veterans with services and the opportunity to give back to a great cause.

The home page of the Paralyzed Veterans Web site showcases a rotating image story carousel which provides the latest news on holidays, new programs, spotlights on paralyzed service members, and more. The home page also offers links to inspiring videos and a section for caregivers to share their stories and news.

Under the "Get Support" tab of the top toolbar, visitors to the Web site will receive a better understanding of the benefits programs, rehabilitation services, and resources available to them and their caregivers.

The "Get Involved" section houses links for veterans and caregivers to give back to the community. Site visitors can donate a monetary gift to paralyzed veterans, giving them the financial support for programs and medical expenses, sponsor various programs or activities for veterans and their families, and see information on upcoming events in their neighborhood in which they can attend to lend their emotional support. This page also allows users to "Honor a Hero"



where they can share the story of their friend or family member. And a "Shop to Help" store gives visitors the opportunity to purchase merchandise.

The "Get Sports" page acts as both a virtual calendar and scrapbook. Upcoming and past events in various sports—such as fishing, bowling, and billiards—are linked so users can sign up for a future event or see photos and results from an event that has passed.

The Web site offers publications for resource purposes. Users can down-

load pamphlets about information pertaining to health issues that paralyzed patients experience.

The Paralyzed Veterans of America currently holds 69 National Service Offices throughout the country. Users are able to locate a chapter in their area in order to connect with other members and get more information on their individual events. Users also can link directly to the organization's social networking Web sites and YouTube account.