



VA VIDEO CONNECT CAN KEEP YOU ON TRACK



House calls from doctors are mostly a thing of the past, but you can still see your doctor from the comfort of home. For your next appointment, ask about VA Video Connect.

Why should you use VA Video Connect?

Since the pandemic began, [VA Video Connect](#) visits have reached as many as 47,000 appointments in one day. It makes it easier for you to choose where you'd like to receive services. By connecting to the virtual medical room through videoconferencing, you can see and talk to your VA health care team from anywhere, making appointments more convenient and reducing travel and wait times. Veterans who are customers of Verizon, T-Mobile, and Sprint can use VA Video Connect on their smartphones with no data charges.

"The response from patients has been incredible," says Dr. Margaret Carrico, a VA primary care provider. "Overall, they are delighted. Because wherever they are, they don't have to come in here to see me. Their daughter doesn't have to get off work, or they don't have to drive in traffic."

What do I need to get started?

Talk to your doctor, therapist, or other provider about whether VA Video Connect is a good option for your next medical visit. VA Video Connect works on any device that has an internet connection, a web camera, a microphone, and speakers.

On personal computers and Android or Windows mobile devices, VA Video Connect operates as a web-based app and does not require an app download. iOS (Apple) users can download the app from the [Apple App Store](#) before their visit. To test whether your device is compatible with VA Video Connect, [visit the VA Video Connect test site](#).

Do not use VA Video Connect for an emergency. If you need immediate assistance, call your [local medical center](#) or dial 911.

Who do I call if I need help?

IF YOU NEED TECHNICAL ASSISTANCE WITH VA VIDEO CONNECT, PLEASE CONTACT THE OFFICE OF CONNECTED CARE HELP DESK AT (866) 651-3180. THE HELP DESK IS AVAILABLE TO HELP YOU 24/7.

IN THIS ISSUE

[COVER STORY](#)
[VA VIDEO-CONNECT CAN KEEP YOU ON TRACK](#)

[COVID-19: MORE REASON TO WATCH YOUR WEIGHT](#)

[MILITARY EXCHANGES TO OPEN TO MORE THAN HALF A MILLION NEW SHOPPERS](#)

[REFILL PRESCRIPTIONS FROM YOUR PHONE](#) 2

SPECIAL POINTS OF INTEREST

- VA New London to host memorial day ceremony
- VA New London to Dedicate Walk of Honor
- Mark your calendar 14 August 2021—Military Appreciation Day New London Ocean Beach. Bring your family and enjoy the Day—FREE!
- Get assistance enrolling for VA Health Care. Call New London VA; 860-440-6691.
- Your benefits are waiting for you!

COVID-19: MORE REASON TO WATCH YOUR WEIGHT



People with obesity, and even those who are overweight, are more at risk for severe COVID-19. They are more likely to suffer serious complications and even death. If you worry about your weight, there are well-known steps you can take to protect yourself now. There are ways to help you find a healthier weight, like participating in a weight management program like the [VA's MOVE!](#)

It is easy to think that with more vaccines distributed across the country we can begin to relax. Warmer weather makes it more inviting to get out more. But this is not the time to let down your guard. It's important to know that anyone who is overweight at any age is at a greater risk of severe COVID-19 complications.

MILITARY EXCHANGES SET TO OPEN TO MORE THAN HALF A MILLION NEW SHOPPERS



The Defense Department has decided to extend military exchange shopping privileges to nearly 600,000 civilian DoD and [Coast Guard](#) employees for at least a year, [according to a directive issued by the department April 12.](#)

After the DoD announced [Jan. 13 that it had dropped a plan to expand civilians' access to the stores,](#) which offer clothing, electronics, housewares and other goods tax-free and often at discount, the new initiative was announced last week by Virginia Penrod, acting under secretary of defense for personnel and readiness.

According to the directive, the Army and Air Force Exchange Service, the [Navy](#) Exchange and Marine Corps Exchange must allow the newly eligible customers access within 30 days.

REFILL PRESCRIPTIONS FROM YOUR PHONE



VA's new [Rx Refill app](#) will help you manage your VA prescriptions on your mobile device. This app automatically collects or 'syncs' with the data on your My HealtheVet Premium Account. Having a Premium account gives you the option to request refills or track deliveries using either the app or My HealtheVet on a desktop computer. See how you can use the app to scan your prescription label, track delivery, and access medication information on My HealtheVet. This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

NEW LONDON VA TO HOST MEMORIAL DAY CEREMONY

Monday, May 31, 2021 New London Veterans Affairs will conduct a Memorial Day ceremony at Williams Memorial Park at the corner of Williams St and Broad Street in New London.

The ceremony will commence at 2:00PM and should last about an hour. Bring your own lawn chair and be a part of our first annual Memorial Day event.

The public is invited

NEW LONDON VA TO DEDICATE WALK OF HONOR

Monday, May 31, 2021 New London Veterans Affairs will conduct a dedication ceremony for the Walk of Honor located at the WWII, Korea and Vietnam memorial in Williams Memorial Park.

The dedication will be at the end of the Memorial Day ceremony. Anyone who have purchased a memorial brick is encouraged to attend.

The public is invited.

YOUR BENEFITS ARE WAITING FOR YOU

So many of our members are not retired from the service. However, you served and you deserve to collect the benefits you are qualified to get. You may have sustained an injury or illness when serving our country. You may have been exposed to something that can affect you later in life. Today, you feel fine, no symptoms. Tomorrow, you notice something is just not right. It could be related to your injury or illness or even exposure to something for example, a high frequency sound level of a 400 cycle set, that may manifest into a service related condition.

So many of us who enrolled with the Veterans Administration years after separation from the service are coming down with service related conditions. At the time of your enlistment your country needed you. Now, you need your country! You earned the benefits. Enrollment is easy.

Contact your USSVI Veterans Representative. Email veterans@ussvigroton.org for more information and how to enroll with the VA.

SERVING THOSE
WHO SERVED

NLVAC

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