



Veterans Health Library

Your source for health information ★ ★ ★ ★ ★

Top 3 Reasons to Use the Veterans Health Library

Have you heard about the [Veterans Health Library](http://www.Veteranshealthlibrary.org) (VHL) found at www.Veteranshealthlibrary.org ? It's a Veteran's one-stop shop on the Internet for health information.

It's also a resource to help Veterans be more involved in their health, like one who was told that he needed a heart operation. Not knowing much about the operation, the Veteran and his significant other stopped by his local VA Patient Education Library, where they connected to the VHL on a computer. Within minutes, they were able to watch heart surgery videos and print helpful guides from the [heart health section](#). The information helped them feel less anxious and answered questions they didn't even know they had.

There are a lot of reasons to use the VHL, but here are the top three:

1. It's created especially for Veterans.

"Every piece of information in the VHL was designed for Veterans, their families, and caregivers. The information is also reviewed by VA experts regularly," says Becky Hartt Minor, MA, Health Educator at VA's National Center for Health Promotion and Disease Prevention (NCP). "The VHL includes information on issues that affect Veterans specifically, such as [post-traumatic stress disorder](#), [combat-related traumatic brain injury \(TBI\)](#), and, [spinal cord injury](#)."

2. It can help you get the most out of your medical visits.

"Sometimes Veterans may leave a medical appointment not really understanding what they need to do," Minor says. "The VHL can help them prepare for their clinical visit by asking their health care provider the right kinds of questions."

For example, this article on [Talking to Your Healthcare Provider](#) offers tips that may help you feel less nervous when talking about sensitive subjects. [Preparing for a Visit with Your Healthcare Provider](#) includes important items to bring, such as a list of your medications or a notepad for note taking on how to care for yourself once you're home.

3. It can help you stay well.

If you want advice on how to stay healthy, look no further than the VHL. It offers the following resources:

- A [Living Well](#) section that suggests things you can do to feel better, such as managing stress and losing weight



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- A [Living With](#) section that can help you deal with chronic illnesses, such as diabetes
- More than 2,000 pages of information about [medications](#) A link to [My HealthVet](#), a Web site that helps you manage personal medical information, order medications, and privately contact your health care providers

In addition to Web pages, you'll find:

- Over 150 [Videos](#)
- Illustrated On-line [Flipbooks](#) that can be printed for easy reference
- [Interactive Go-to-Guide Workbooks](#) that include audio, video, and quizzes

So the next time you have a medical appointment, don't think of yourself as just a patient. Be a partner in your VA care by visiting the VHL at www.Veteranshealthlibrary.org and learning more about your health. [Preparing yourself](#) with health information, strategies, and helpful tips from the VHL can help you [get the most out of your medical visits](#) and [get more involved in your health](#).

And if you want to learn more about what the VHL has to offer, go online and take a [video tour](#) of the **Veterans Health Library** today.