



Scan QR codes, visit popular links to trusted VA websites, or call the MyVA411 hotline at (800) 698-2411 to learn more about VA resources.



VA.gov is the gateway to access and manage your VA benefits and health care.
www.va.gov



The VA Welcome Kit provides an overview of benefits and services.
www.va.gov/welcome-kit/



With the official **VA: Health & Benefits** app, you can manage your VA health care, benefits, and payments from your mobile phone or tablet.
www.mobile.va.gov/app/va-health-and-benefits



My HealtheVet is a free online tool to manage your health care. Refill and track prescriptions, access your medical records, and communicate with your health care team.
www.myhealth.va.gov

How to scan a QR code with your smartphone camera



- 1 Open your smartphone's camera app or QR code scanning app.
- 2 Hold your device so that the single QR code appears on your smartphone's screen.
- 3 Once the QR code is centered on your smartphone's screen, your device will recognize the QR code and show a notification.
- 4 Tap the notification to open the link associated with the QR code.
- 5 Still having trouble? See additional tips on page five.

Veterans Crisis Line



Contact the Veterans Crisis Line. Available 24/7 via phone, text, and online chat.



Receive crisis support

The Veterans Crisis Line provides confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.

Crisis Hotline: **Dial 988 (then press 1)**

Text Hotline: **Text at 838255**

www.veteranscrisisline.net/get-help-now/chat/

For phone numbers listed in this resource, dial 711 if TTY-based Telecommunications Relay Services are needed.



Apply for VA health care, find out how to access services, and manage your health and benefits online.

Apply for VA health care

Apply for health care benefits for Veterans and transitioning service members.

Health Care Hotline: **(877) 222-8387**

www.va.gov/health-care/how-to-apply/

Manage your appointments online

Schedule, cancel, and manage health appointments online.

www.va.gov/health-care/schedule-view-va-appointments/

Pay copays and use multiple insurances

Check your balance for medical services and prescription copays, request help, or dispute charges.

Pay by Phone: **(888) 827-4817**

www.va.gov/health-care/pay-copay-bill/

Apply for travel pay

Request reimbursement for travel expenses to and from approved health care appointments.

Travel Pay Call Center: **(855) 574-7292**

www.va.gov/health-care/get-reimbursed-for-travel-pay/

Explore long-term care

Learn about assisted living, residential, and home health care.

Health Care Hotline: **(877) 222-8387**

www.va.gov/health-care/about-va-health-benefits/long-term-care/

Learn about qualifying for VA dental care

Find out if you qualify for dental care benefits.

MyVA411: **(800) 698-2411**

www.va.gov/health-care/about-va-health-benefits/dental-care/

Learn about your VA primary care team

VA takes a team approach to health care with you at the center. Research shows this kind of approach leads to better quality care, more satisfied patients, and fewer hospital visits.

Health Care Hotline: **(877) 222-8387**

www.va.gov/health-care/about-va-health-benefits/your-care-team/

VA Health Connect Clinical Contact Centers

VA Health Connect provides Veterans with access to health care via virtual clinical contact centers that are available 24/7/365. Veterans can access VA Health Connect by calling their local medical center to schedule primary care appointments, speak to a nurse, meet with a clinical contact center medical provider, and check on their medications.

Fill in your VA Contact Center phone number:

Find urgent and emergency care

If you are having a medical emergency, dial 911.

Have a plan of where to go for urgent and emergent care.

www.va.gov/initiatives/emergency-room-911-or-urgent-care/

Explore Community Care/MISSION Act

Access other providers when VA cannot provide the care needed.

Community Care National Contact Center
(877) 881-7618

www.va.gov/communitycare/

Find VA Locations



Find a VA location or in-network community care provider.

www.va.gov/find-locations/

Disability



File a claim for disability compensation for conditions related to your military service and manage your benefits over time.

Learn about the PACT Act

Learn how the PACT Act expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and toxic substances.

MyVA411: **(800) 698-2411**

www.va.gov/resources/the-pact-act-and-your-va-benefits/

Apply for an initial disability rating or increase

Learn how to file a claim for a disability related to military service.

VA Benefits Line: **(800) 827-1000**

www.va.gov/disability/how-to-file-claim/

Find local Veteran Service Organizations (VSO)

Get help from an accredited representative.

MyVA411: **(800) 698-2411**

www.va.gov/get-help-from-accredited-representative/

Education and Training



Apply for and manage your GI Bill and other education benefits to help pay for college and training programs.

Continue education with the GI Bill

Explore how VA can help pay for education.

Education Contact Center

From the U.S.: **(888) 442-4551**

From Overseas: **001-918-781-5678**

www.va.gov/education/about-gi-bill-benefits

Housing Assistance



Find out if you're eligible for a VA-backed home loan. If you have a service-connected disability, see if you qualify for a housing grant to help you live more independently.

Apply for housing assistance

Learn more about home loans and other benefits that can help you improve, build, or keep your current home.

Regional Loan Center: **(877) 827-3702**

www.va.gov/housing-assistance/

Receive help for homelessness and housing instability

Get connected with housing solutions and community services.

Call Center: **(877) 424-3838**

www.va.gov/homeless/

Careers and Employment



Apply for Veteran Readiness and Employment (VR&E), get support for your Veteran-owned small business, and access other career resources.

Prepare for careers and employment

Receive support for education, training, and credentialing needed for employment.

MyVA411: **(800) 698-2411**

www.va.gov/careers-employment

Veteran Readiness and Employment (VR&E)

Service members and Veterans with service-connected disabilities may qualify for VR&E, also known as Chapter 31.

www.va.gov/careers-employment/vocational-rehabilitation/

Pension



Apply for monthly payments for wartime Veterans and survivors with limited or no income who meet certain age and disability requirements.

Apply for supplemental income

Learn how pensions provide supplemental income for some wartime Veterans and their survivors.

VA Benefits Line: **(800) 827-1000**

www.va.gov/pension/

Fiduciary Program

The fiduciary program provides oversight for VA's most vulnerable beneficiaries who are unable to manage their own VA benefits.

Fiduciary Line: **(888) 407-0144**

www.benefits.va.gov/fiduciary/

Family Member Benefits



Learn about the benefits you may qualify for as a spouse, dependent, or survivor. Find out what else you may be eligible for as a family member caring for a Veteran with disabilities.

Caregiver support program

The VA Caregiver Support Program offers services to caregivers of eligible and covered Veterans enrolled in VA Health Care.

(855) 260-3274

www.caregiver.va.gov

Benefits for Spouses, Dependents, Survivors

Learn about life insurance, money for school, survivors pension, and other benefits you may qualify for.

www.va.gov/family-and-caregiver-benefits/

VA Benefits Hotline: **(800) 827-1000**

Find and use counseling services

Access counseling, outreach, and referral services for eligible active duty service members, Veterans, and their families.

Vet Center Line: **(877) 927-8387**

www.vetcenter.va.gov

Connect with social workers

VA social workers assist with resource navigation, crisis intervention, advocacy, case management, benefit assistance, mental health related interventions, treatment for substance use dependence, food insecurity, and support for those facing housing instability and homelessness.

Health Care Hotline: **(877) 222-8387 (press 0)**

www.socialwork.va.gov

Fisher House™ Program

Located within walking distance of the treatment facility, a VA Fisher House™ provides temporary accommodations at no cost for Veterans, service members, their families, and caregivers while the Veteran or service member receives treatment at major military and VA medical facilities.

Current Fisher House locations. www.socialwork.va.gov/fisher.asp

VA Fisher House™ phone numbers available at www.socialwork.va.gov/Fisher_House_Locations.asp

Burials and Memorials



Get help planning a burial in a VA national cemetery, order a headstone or other memorial item to honor a Veteran's service, and apply for survivor and dependent benefits.

Schedule a burial for a Veteran or family member

Get step-by-step guidance on how to request and apply for a burial in a VA national cemetery or in a state or tribal government Veterans cemetery.

National Cemetery Scheduling Office
(800) 535-1117

www.va.gov/burials-memorials/schedule-a-burial/

Honor a Veteran or Reservist with memorial items

Find out how to apply for markers, medallions, headstones, Presidential Memorial Certificates, and other memorial items to honor a Veteran's service.

Headstones and Markers: **(800) 697-6947**

www.va.gov/burials-memorials/memorial-items/

Veterans Legacy Memorial (VLM)

VLM is an online memorial that honors Veterans interred in VA National Cemeteries, VA grant-funded cemeteries, DOD-managed cemeteries (including Arlington National Cemetery); U.S. Park Service National Cemeteries, and thousands of private cemeteries where Veterans have received a VA-provided gravesite marker since 1996.

www.vlm.cem.va.gov

As you discover more contacts, list them below.

Name	Office or Department	Contact Information
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Having trouble scanning the QR code? Try these tips!



Turn up your screen brightness

Make sure the screen showing the QR code is bright enough for the camera to register the code. This will also make it easier for you to see the hyperlink when it appears.



Find the right distance

If the camera on your smartphone is too close or too far from the QR code, the camera might not be able to scan it. Keep the QR code in the camera's viewfinder while you try different distances.



Square up your smartphone

Keep the smartphone camera parallel to the QR code when scanning. If your smartphone is tilted, you may have trouble scanning the code.



Stay safe online - confirm your link leads to a trusted website

Ensure that the link which appears in your camera leads to a trusted website (e.g. "va.gov" or "veteranscrisisline.net"). Using your camera to access official VA sites is free and does not require any additional app downloads.