How Long Has It Been Since You Visited Your Primary Care Physician

By: Adam Cyr

Maintaining the continuity of care is one of the pillars of good health at the James E. Van Zandt VA Medical Center.

The first step is having an annual visit with your Primary Care Physician. That annual visit will ensure proper continuity of care and retain eligibility for benefits.

Additionally, with the most advanced radiological services, largest behavioral health services in the region, largest telehealth infusion clinic in the U.S. and same day appointments in physical therapy, the VAMC is prepared to provide the health care our Veterans deserve.

Veterans within our 14-county catchment area can select primary care services at any of our five Community Based Outpatient Clinics in State College, Huntingdon, Indiana, DuBois, and Johnstown. Or one of our PACT teams at the Altoona hospital.

“12 months is the most I recommend going between seeing my patients,” said Beverly Dillon, VA Physician Assistant. “Being thorough is paramount to the health care they receive through the VA.”

Quicker Access, Same Day Appointments, Choose VA!

By: Shaun Shenk

Physical Therapy now offers same day walk-in clinics for all Veterans who are currently enrolled in VA health care.

These clinics do not require a referral from a primary care physician (PCP) and can continue as long as 30 days with a physical therapist recommendation.

This new way of delivering care is known as the Physical Therapy Triage Clinic. This allows any Veteran who has seen their VA PCP within 12 months, to report to physical therapy without a referral from their PCP.

Conditions that can be seen are muscle or joint pain, assistive device requirements such as canes, walkers, or crutches, braces and pain management modalities.

This clinic has been open since May 2, 2019 and will continue to be open 8:00 a.m.-4:30 p.m. every Thursday.

“This is a great opportunity for our Veterans,” said Sigrid Andrew, Medical Center Director. “This is the reason why Veterans Choose VA when it comes to all their health care needs.”

Veterans experiencing wounds, infections or more serious conditions should call their Primary Care Physician or be seen in the Urgent Care.

For more information please call 814-943-8164 ext 7117.
### UPCOMING EVENTS

- June 4: Returning Veteran Symposium at Blair County Convention Center, 9 a.m.-3:30 p.m.
- June 6: MISSION Act Implementation
- June 6: Rural Veteran Outreach at Ashville VFW Post 4315, Ashville, PA, 10 a.m.-2 p.m.
- June 13: Open House at Indiana CBOC, Indiana, PA, 10-11 a.m.
- June 13: Open House at Johnstown CBOC, Johnstown, PA, 1-2 p.m.
- June 14-15: DuBois Community Days, DuBois City Park, PA, 9 a.m.-10 p.m.
- July 3: Veterans Day at Bedford Farmers Market, Downtown Bedford, PA, 9 a.m.-1 p.m.
- July 4: Independence Day
- July 11-16: National Veterans Wheelchair Games
- July 21: Veteran’s Administration Created (1930)
- August 10: American Legion Centennial Celebration in State College, PA, 11 a.m.-1 p.m.
- August 29: Open House at James E. VA Medical Center, Yellow Team Lobby, 1-2 p.m.
- September 19: 5th Annual Lock Haven University Veterans Expo, Lock Haven, PA 1-5 p.m.
- September 21-22: Cambria County Arts and Heritage Festival 10 a.m.-6 p.m.