



Caring4WomenVeterans App

Quick Start Guide



VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century



Overview

Whether you are a Department of Veterans Affairs (VA) or non-VA clinician, the Caring4WomenVeterans mobile application (App) gives you information to help you address the unique physical and mental health issues that affect women Veterans. Women Veterans may have health care needs that differ from both male Veterans and the general female population. Because many women Veterans seek health care outside of the VA network, it is important that both their VA and non-VA providers have the resources necessary to provide informed and comprehensive care. Although the App is meant to provide you with comprehensive and targeted information regarding the specific health care needs of women Veterans, the information it contains is not a substitute for clinical judgment.

1

Information Covered in the Caring4WomenVeterans App

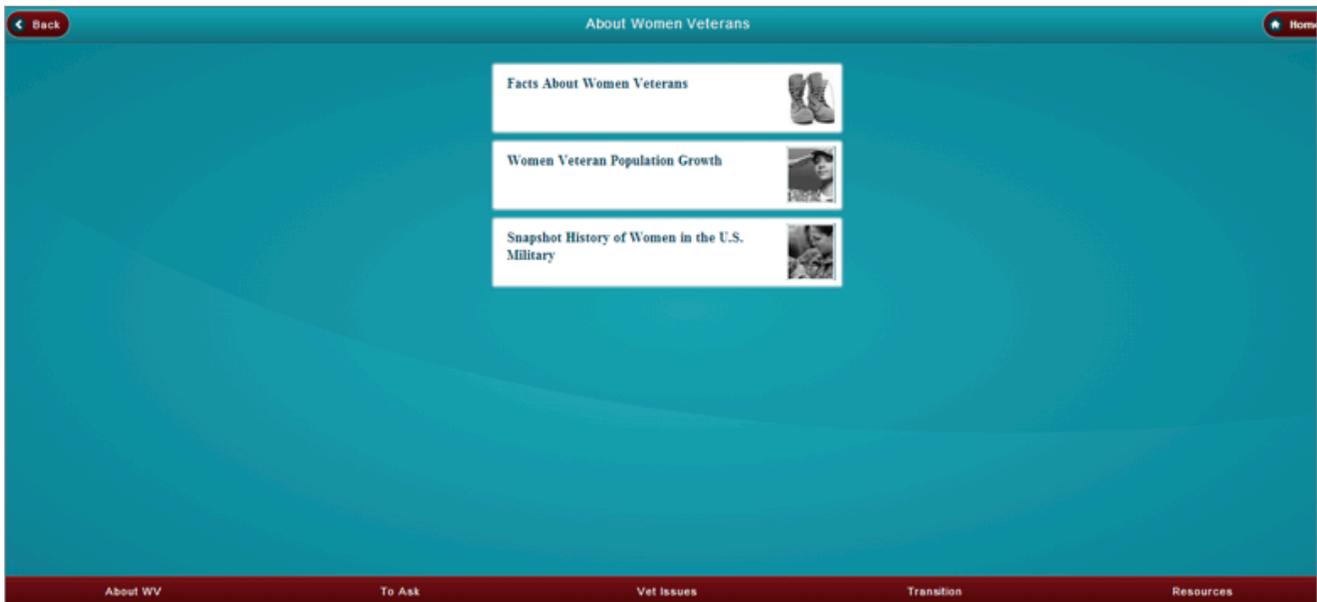
The App has five sections: (1) **About Women Veterans**, which provides you with statistics and historical context; (2) **What to Ask**, which provides you with an overview of information you can obtain from asking specific questions about your patients' service history; (3) **Common Veteran Issues**, which provides you with information about how issues common to the experience of Veterans in general may affect women Veterans in particular; (4) **Transition to Civilian Life**, which provides you with information about resources to help women Veterans with this transition; and (5) **Additional Resources**, which offers VA resources and information you can share with your patients. Click on the tabs either on the Home screen or at the bottom of the screen to go to the information you wish to see.



2

Learning More About Women Veterans

Tap the **About Women Veterans** tab on the Home screen or the **About WV** tab along the bottom of the screen. There are three categories within this section: Facts About Women Veterans, Women Veteran Population Growth and Snapshot History of Women in the U.S. Military. Tap the tab that corresponds to the information you wish to view. To return to the About Women Veterans screen from the Facts About Women Veterans or Women Veteran Population Growth screens, tap the **Back** button in the upper left corner. To return to the About Women Veterans screen from the Snapshot History of Women in the U.S. Military screen, tap the **X** button in the upper left corner.



3

Learning More About What to Ask

Tap the **What to Ask** tab on the Home screen or the **To Ask** tab along the bottom of the screen. There are two categories within this section: Why Ask and Questions to Ask. Tap the tab that corresponds to the information you wish to view. To return to the What to Ask screen, tap the **Back** button in the upper left corner.

4

Learning More About Common Veteran Issues

Tap the **Common Veteran Issues** tab on the Home screen or the **Vet Issues** tab along the bottom of the screen. There are four categories within this section: Physical Health Issues by Era, Women Veterans and Suicide, Posttraumatic Stress Disorder (PTSD) and Military Sexual Trauma (MST). Tap the tab that corresponds to the information you wish to view. Each of these sections contains subsections with additional, more detailed information. To return to the previous screen in this section at any time, tap the **Back** button in the upper left corner.

5

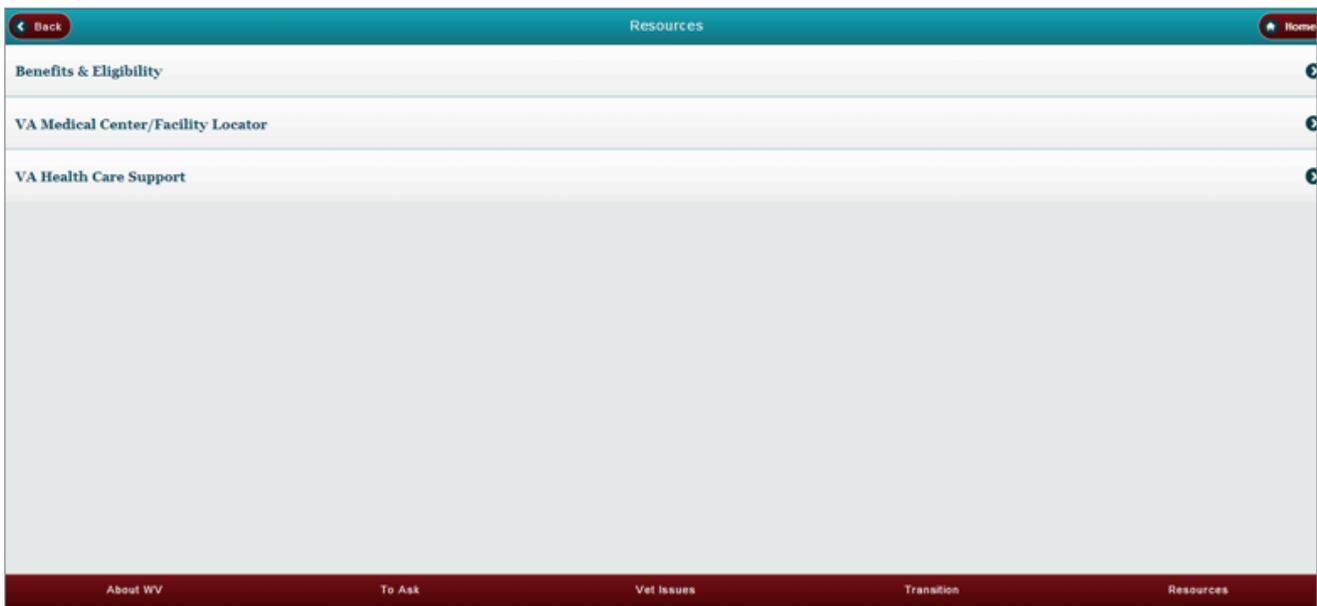
Learning More About the Transition to Civilian Life

Tap the **Transition to Civilian Life** tab on the Home screen or the **Transition** tab along the bottom of the screen. There are three categories within this section: Transition to Civilian Life; Services, Benefits and Opportunities; and Homelessness. Tap the tab that corresponds to the information you wish to view. To return to the Transition to Civilian Life screen, tap the **Back** button in the upper left corner.

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Using the Caring4WomenVeterans App Additional Resources:

For additional information about topics covered in the Caring4WomenVeterans App, the App provides you with reliable resources to share with your patients. Tap the **Additional Resources** tab on the Home screen or the **Resources** tab along bottom of the screen. You will be taken to the Resources screen. There are three categories within this section: Benefits & Eligibility; VA Medical Center/Facility Locator; and VA Health Care Support. In some cases, when you click on a link, you may be asked if you want to navigate to an external site; by tapping **Yes**, the link will open in a new tab in your browser. To return to the Additional Resources screen, tap the **Back** button.



Help and Additional Information

Additional Training Materials for the Caring4WomenVeterans App: More resources, such as a User Manual, Slideshow and FAQs, can be found on mobilehealth.va.gov/training.

If you need assistance with the Caring4WomenVeterans App, dial 1-855-500-2025 to speak with a VA representative. The Help Desk is open weekdays from 7 a.m. to 7 p.m. CT. For TTY assistance, dial 711.