

### Step 3: Physical Examination

Please bring your health and immunization records to this appointment.

If the examination was not completed during enrollment, please check in 30 minutes before your appointment time so that nursing staff can check your vitals and begin your initial health screening.

During your 1-hour medical appointment you will:

- See a medical provider to record your health history.
- Receive a limited physical examination.
- Arrange consultations for specialty care.
- Have medication needs evaluated.

You will receive information to establish a primary care provider after this initial visit.

This medical examination is to establish care needs and is **solely for obtaining treatment** and is unrelated to applying for or obtaining a VA service connected disability.

#### Tips for your Physical Examination:

- Bring your medication bottle and/or the prescription for medication refills.
- Bring medical records of previous care.

### Important Phone Numbers

Enrollment  
858-642-6284 or 858-552-7523

VA San Diego Primary Care Call Center  
(858) 552-7475 or (619) 400-5050

Clinic Scheduling (Specialty Clinics)  
(858) 552-7570

Dental Clinic Scheduling  
(858) 552-7525

Psychiatric Emergency Clinic  
(858) 642-3391

Suicide Prevention  
1-800-273-8255

VA TeleCare - 24 hours a day  
1-877-252-4866

VA Benefits  
1-877-222-8387

GI Benefits  
1-888-442-4551

VA Website  
[www.va.gov](http://www.va.gov)

Returning Combat Veterans  
[www.oefoif.va.gov](http://www.oefoif.va.gov)

VA San Diego Healthcare System  
[www.sandiego.va.gov](http://www.sandiego.va.gov)



November 2008  
VASDHS



## VA Healthcare for Returning Combat Veterans

*Honoring our newest  
combat veterans*

VA San Diego Healthcare System



## VA Health Care Eligibility

Honorably discharged veterans of the U.S. Armed Forces, including the Reserves and National Guard, who served in a theater of combat operations after November 11, 1998, are eligible for 5 years of free health care (from the date of separation from active duty) for conditions you believe are related to your combat service. This health care is provided regardless of your income.

### Note:

- Free care refers to all health care services potentially related to combat service. Co-payments may be charged for the treatment of non-combat related conditions.
- To be eligible for dental care, your DD-214 must be annotated that you did not receive your final dental care while on active duty. You have 180 days from your discharge date to enroll in the VA Healthcare System to receive dental care.



## 3 Steps to Informed Health Care

### Step 1: Enrollment

Enrollment with the VA Healthcare system is required to receive health care from the VA.

Enrollment is easy and can be completed at one of our several San Diego locations. For more information, please call Member Services at 858-642-6284 or 858-552-7523.

During your enrollment process, you will:

- Learn about your health care benefits.
- Have your VA ID card photo taken.
- Receive or be scheduled for a baseline health examination.
- Complete Post-Deployment Screen.
- Meet with a member of the OEF/OIF Care Management Team.

### Tips for a smooth enrollment:

- Schedule an enrollment appointment to avoid a long wait - (858) 642-6284 or (858) 552-7523.
- Arrive 15 minutes early.
- Use no cost Valet Parking - where available.
- Bring your DD-214 member 4 copy, with proof of combat service, and any current insurance information.



### Step 2: OEF/OIF Care Management Team

As the central hub for recently returned combat veterans, the OEF/OIF Care Management Team provides comprehensive knowledge and care coordination to assist veterans in maximizing their services and benefits.

- Review Post-Deployment Screen with OEF/OIF Social Worker to ensure its completeness.
- Receive care recommendations, if indicated.
- Review strengths and stressors associated with integrating into civilian life.
- Become further empowered by having your care needs met and supported..

The Post-Deployment Screen benefits you by identifying medical and life needs.