



## Fall is here - It's time to get your flu shot!

Boise VA offers flu shots for enrolled Veterans at our Primary Care Clinics and Community Based Outpatient Clinics (CBOC), or our October flu clinics:

**B**

### Boise VA Medical Center



Drive Thru Oct. 2 – 6<sup>th</sup>

9AM – 4PM



Walk-Up Oct. 2 – 13<sup>th</sup>

9AM – 4PM Main Entrance

**C**

### Caldwell CBOC



Drive Thru Oct. 23 – 27<sup>th</sup>

8AM – 3:30PM

**E**

### Eastern Oregon CBOC



Drive Thru Oct. 2- 5<sup>th</sup>

8AM – 4:30PM

**J**

### John Day Elks Lodge



Wednesday Oct. 18<sup>th</sup>

10AM – 3PM

**M**

### Mountain Home CBOC



Drive-Up Oct. 6<sup>th</sup>

9AM – 3:30PM

**S**

### Salmon CBOC



Walk-Up Oct. 12<sup>th</sup>

1 – 3:30PM

**T**

### Twin Falls CBOC



Drive Thru Oct. 5-6<sup>th</sup>

8:30AM – 3:30PM

### Tips for getting your flu shot:

- Bring your VA ID card.
- Wear clothes that offer easy access to your upper arm.
- Ages 65+ receive **high dose** vaccine.

**Vaccinated Outside VA:** You can get vaccinated from a contracted community provider. Visit [www.prevention.va.gov/flu](http://www.prevention.va.gov/flu) to check eligibility and locate a provider. Bring your VA ID card. For eligible Veterans there is no copay. **\*Please let your Primary Care team know the specific date of your vaccine.**



## Other Upcoming Events

### Homeless Veteran Stand Down

**Saturday October 14, 2023**

**8AM – 3PM at Boise VA at B.54**

An event to offer community support, medical care, and needed items for Veterans who are homeless or at risk of homelessness.

### Women Veterans Health Fair & BBQ

**Friday October 20, 2023**

**11:30 – 1:30PM**

A new event on the Parade Grounds.

**Open to all women Veterans,**  
even if you're not enrolled at VA!



## Important My HealtheVet Changes Coming December 1, 2023

The way you login to My HealtheVet is changing December 1st. Log on from one of two sites:

- **va.gov**
- **ID.me**

You will lose access to My HealtheVet starting **December 1, 2023**. This login is more secure and reduces your risk of identity theft. Update your login information to keep your access!

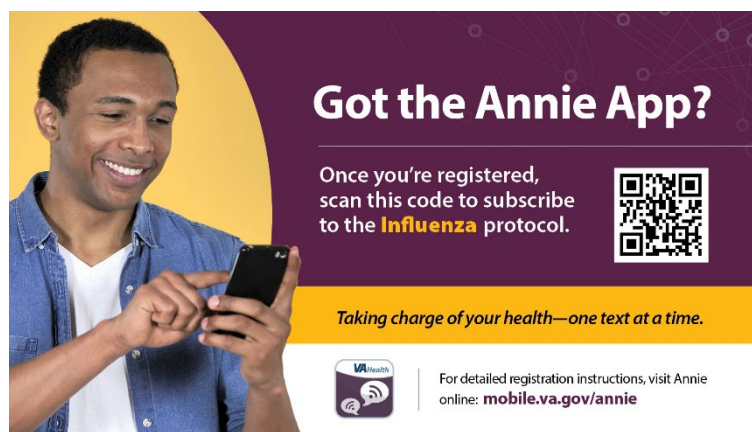
## Your Preventative Health Reminders

### Vaccines

- Have you gotten your **COVID Booster**?
- 2-dose **Shingles vaccines** due for ages 50+ & 2nd dose is 2-6 months later

#### \*Received a vaccine elsewhere?

Update your record by sending a copy to your Primary Care team. You can also use the Annie App as a tool.



**Got the Annie App?**

Once you're registered, scan this code to subscribe to the **Influenza** protocol.

*Taking charge of your health—one text at a time.*

For detailed registration instructions, visit Annie online: [mobile.va.gov/annie](https://mobile.va.gov/annie)

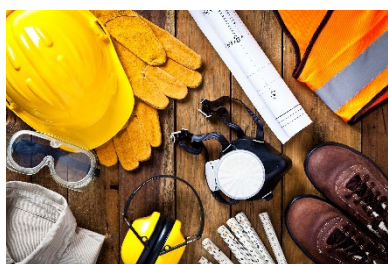
### Screenings: Look before you have symptoms:

- Colon cancer screening starts at age 45.
- Blood pressure screenings every year.
- Breast cancer screening for women every year ages 45-54.
- Cervical cancer screening every 3 years ages 21-29 and ages 30-65 every 3-5 years.

### Classes

- **MOVE! Program** supports weight loss goals. Our MOVE! Program Coordinator, Mona Randall, has retired. Best wishes Mona, and welcome Nurse Nermina (Mina) Mustafic!
- **Diabetes Basics** is a 7-week class on Fridays to support Veterans with pre-diabetes and diabetes at the main campus.
- **Healthy Teaching Kitchen (HTK)**: 2–3-week classes offered in person on Wednesdays.

## Construction Updates



- **Boise VA Green Team** has moved to the back of the main building in B. 67
- **Caldwell CBOC** new location opening in September 2023 at 713 Haystack Way, Caldwell, ID 83605

