

# VA Healthcare Navigation 101



**United States Department of Veterans Affairs  
(USDVA)**

**Health Administration**

**VISN 11 Network Office  
Justin Peters, BS, MPH**

# My Background



- 5 years Active Duty Navy as a Dental Technician
  - 2 years Navy Reserve as a Hospital Corpsman
  - Recently Commissioned an Officer in the Navy Reserve
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- Former VBA employee processing disability compensation, pension, dependent indemnification, and other benefit claims
  - Current VHA employee with experience in a variety of healthcare administration roles
- I have been a student Veteran with 7 separate colleges/ universities over 12 years**

# What is the USDVA?



- VA is the second largest cabinet-level federal department with over 278,000 employees.
- VA Mission: To fulfill President Lincoln's promise “To care for him who shall have borne the battle, and for his widow, and his orphan” by serving and honoring the men and women who are America’s veterans.
- VA comprises a Central Office (VACO), which is located in Washington, DC, and field facilities throughout the Nation administered by its three major line organizations: **Veterans Health Administration, Veterans Benefits Administration, and National Cemetery Administration.**

# USDVA

**VBA-** 57 Regional Offices.

- Compensation claims for disability, dependent indemnity compensation (DIC), GI Bill, pension, Voc Rehab, home loan, life insurance, etc.

**VHA-** 153 medical centers and nearly 1000 clinics, organized into 21 Veterans Integrated System Networks or VISN.

- There are many community based outpatient clinics with services such as primary care, mental health, physical therapy, etc. and > 300 Vet Centers across the nation.

**NCA-** 131 national cemeteries to honor and serve Veterans in life, and memorialize them in death for their sacrifices on behalf of the Nation.

# USDVA in Michigan

## In Michigan:

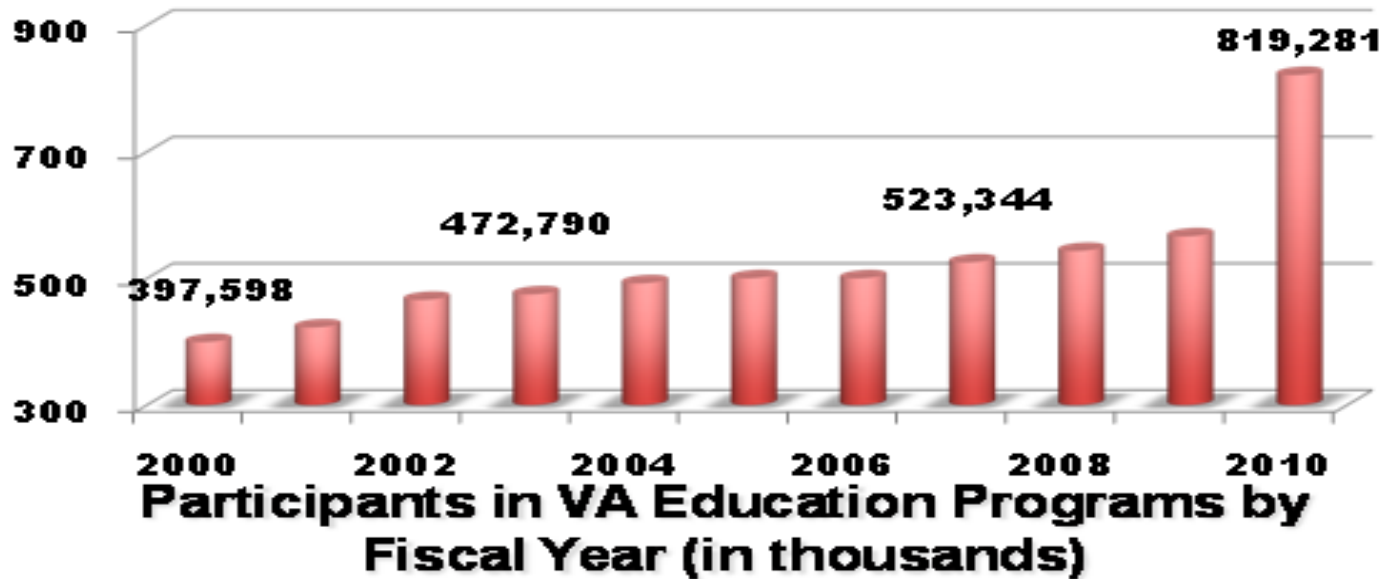
- 5 VA Medical Centers (Ann Arbor, Detroit, Saginaw, Battle Creek, Iron Mountain)
- 23 Community Based Outpatient Clinics
- 8 Vet Centers
- 1 Regional Office
- 2 National Cemeteries
- Google “**VA facilities by state**” and select Michigan for every VA facility listing wil hyper link for contact information.

# Newest generation of Veterans might not apply for VA healthcare, why?

- “Didn’t know it existed”
- “Thought it was only for disabled Veterans”
- “I’m still under my parents insurance”
- “Only go to doctor when I’m sick”



# National Student Veteran College Enrollment



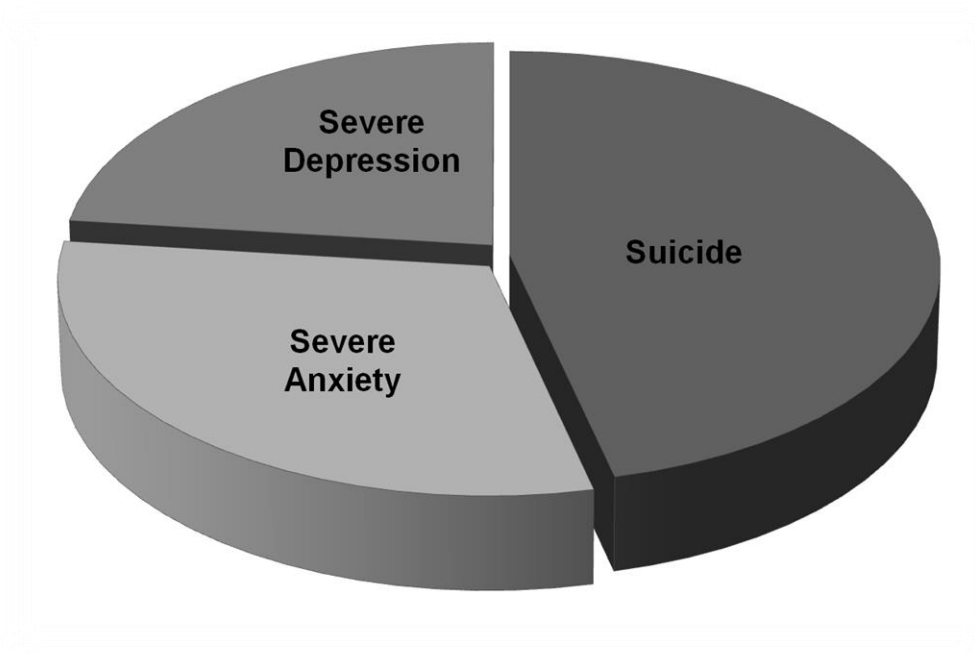
The student Veteran population nearly doubled from 2008 to 2010!

# ABC News Article

An ***alarming report*** stated G.I.s who come home from war and go on to college, above half report thinking about suicide, a third severe anxiety, and a quarter severe depression.

-M. David Rudd, August 2011

University of Utah/ American Psychological Association



**The VA can help!**



# Improved VA Primary Care & Mental Health Integration



Due to stigmas associated with mental health treatment seeking many who utilize primary care services will communicate with their provider about behavior health issues.

VA primary care also includes preventive and diagnostic health elements, health coaching, and more.

# Other Reasons to Encourage VA Healthcare Enrollment?



- Student Veterans Save \$ by not having to pay for health insurance
- Access to primary and specialty care, pharmacy by mail, MyHealthVet, and much more
- Qualifies under new ACA legislation (exchange)
- Having served, it has already been earned
- Many/ most student Veterans qualify

# Military Service

Served in the active military service and separated under any condition other than dishonorable, you may qualify for VA health care benefits.

Separated in the last five years and are an Operation Iraqi Freedom, Operation Enduring Freedom, or Operation New Dawn you are qualified for up to five years after discharge without income verification.

Current and former members of the Reserves or National Guard who were called to active duty by a federal order and completed the full period for which they were called or ordered to active duty may be eligible for VA health benefits, as well.

Reserves or National Guard members with active duty for training purposes *only* do not meet the basic eligibility requirement.

Proof of discharge, DD 214 required.

# Income Verification (means)

Veterans who need to provide income verification must complete **VA Form 10-10EZ section 1 and section 2.**

1. Eligibility to **free or low cost** VA Healthcare for “**Combat Veterans**” exists for five years post discharge, then after five years a means (income) test is required.
2. Eligibility to **free or low cost** VA Healthcare for Lansing Veterans exists (0 dependents) when annual income is below \$41,800 after deductions.
  - Most college students are not earning this much annually...

# Easy To Apply

- On campus Vet Success on Campus, VITAL, State of Michigan College Counselor Program, VSO's, County Service Officers, Outreach Events, etc
- Go online to [www.1010ez.med.va.gov](http://www.1010ez.med.va.gov)



## By Phone

You can apply for enrollment of your benefits or update your information by phone by calling **1-877-222-VETS (8387)**, Monday through Friday, between the hours of 8:00 AM and 8:00 PM (Eastern Time). A VA representative will have your completed form sent to you for verification and signature.



## By Mail

Print the [10-10EZ form](#) or [10-10EZR form](#) or call to have the form mailed to you. Complete and sign the application, then mail it to:

***Health Eligibility Center  
2957 Clairmont Road, Suite 200  
Atlanta, GA 30329-1647***



## In Person

Visit a [VA Medical Center or clinic](#) nearest you to apply for enrollment or if you are already enrolled, to update your information in person.

# Contact the VA nearest You

Or feel free to contact me at [justin.peters@va.gov](mailto:justin.peters@va.gov)

