

HEALTH CARE BENEFITS

FOR WOMEN WHO HAVE SERVED IN THE MILITARY

Am I Eligible?

IF

You have at least one day active duty service prior to 1980, or
 24 months of continuous active duty service, or
 Served the full period of active duty for which you were called, or
 Were discharged from the military for hardship or disability, or
 Have a disability determined by the VA to be service-connected

AND

Your discharge from the military was under other than
 dishonorable conditions

YOU MAY QUALIFY FOR MEDICAL CARE FROM THE DEPARTMENT OF VETERANS AFFAIRS (VA)

What Do I Get?

If you qualify, the VA will provide:

- Primary care
- Emergency care
- Examinations
- Vaccinations
- Prescription drug coverage
- Hospitalization
- Surgery
- Mental health & counseling
- Substance abuse treatment
- Maternity and labor care

The VA will *not* provide:

- *Cosmetic surgery*
- *Abortions*
- *In-vitro fertilization*
- *Child care after birth*
- *Care for family members or dependents*

These services are provided even if the harm, injury, or illness was not caused by your military service.

- o There is **no** fee or co-pay for care provided related to an injury caused or aggravated by your military service.
- o There **are** a range of co-pays required for care relating to *non-service related conditions*:
 - o Office visit: \$15
 - o Appointment with Specialist: \$50
 - o 30 Day Supply of Prescription: \$8
 - o Inpatient care for hospital stays: \$213 for the first 90 days with a \$2 per diem charge, OR \$1,068 for the first 90 days with a \$10 per diem charge, depending on annual income*

*Income thresholds for inpatient care rates can be found at <http://www.va.gov/healtheligibility/Library/AnnualThresholds.asp>

What Do I Need to Do?

1. Get a copy of your **DD 214 Military Discharge Paperwork**
 - o This may have been given to you at discharge, or
 - o You can always request a copy, free of charge, from the National Personnel Records Center, at <http://www.archives.gov/veterans/military-service-records/>
2. **Complete the VA Form 10-10EZ**, which may be submitted online or mailed to your nearest VA health care facility
 - a. The form can be found at: <https://www.1010ez.med.va.gov/sec/vha/1010ez/>
3. Once you have turned in the form, you may request that an appointment be scheduled for you; the VA will notify you in writing when you have been approved and with the date and time of your appointment.

Automatic Eligibility for Military Sexual Trauma Injuries

If you were subjected to sexual assault or trauma while in the military, you are *automatically* eligible for services from the VA related to that trauma, including medical examinations and counseling, *without* going through the application and approval process and with *complete confidentiality*. Ask for the military sexual trauma coordinator at your local VA medical center.

Military Retirees

If you are a military retiree, meaning you served more than 20 years and have an honorable discharge, you qualify for **TriCare**, a health plan provided by the Department of Defense. It has varying levels of coverage, and can cover your family members as well, but requires an annual fee. More information on the coverage, plans, and rates can be found at www.tricare.mil

Regional Office Medical Centers

Veteran Centers

Los Angeles Regional Office 11000 Wilshire Bl. Los Angeles, CA 90024 800-827-1000	Greater LA Healthcare System 11301 Wilshire Bl. Los Angeles, CA 90025 800-852-4852	Long Beach Healthcare System 5901 E. 7 th Street Long Beach, CA 90822 888-769-8387	East Los Angeles 5400 E. Olympic Bl., #140 Commerce, CA 90022 323-728-9966	West Los Angeles 5730 Uplander Way, Suite 100 Culver City, CA 90230 310-641-0326	Los Angeles 1045 W. Redondo Beach Bl. #150 Gardena, CA 90247 310-767-1221	Sepulveda 9737 Haskell Ave. Los Angeles, CA 91343 818-892-9227
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Current as of April 2011

Rates subject to change by the Department of Veterans Affairs