

HEALTH RISK	WHAT WE KNOW ...	WHAT YOU CAN DO ...
SMOKING	<ul style="list-style-type: none"> • It's not healthy to smoke. • There are many options available to help you stop. 	<ul style="list-style-type: none"> • Speak with your primary care physician for his or her advice. • Call 1-800-Quit-Now. This toll-free telephone number connects you to counseling and information about quitting smoking in your state. • Visit this VA website: www.hiv.va.gov/patient/daily/smoking.asp
EXERCISE	<ul style="list-style-type: none"> • It's healthy to exercise on a regular basis. • The amount of exercise recommended on a daily basis is 20 minutes. 	<ul style="list-style-type: none"> • Ask your primary care physician about exercise tips. • Visit the VA MOVE! Weight Management website: www.move.va.gov
ALCOHOL USE	<ul style="list-style-type: none"> • Drinking above low risk limits will increase your risk for illness and/or injury. • It's never good to drink and drive. 	<ul style="list-style-type: none"> • Speak with your primary care physician for his or her advice. • Visit a VA Substance Abuse website: https://vetchange.org/home/index2 www.hiv.va.gov/patient/daily/alcohol-drugs/overview.asp • Visit the National Institute on Alcohol Abuse and Alcoholism website: www.rethinkingdrinking.niaaa.nih.gov
AVOID THE FLU	<ul style="list-style-type: none"> • Consider getting your flu shot every year. • Practice frequent hand washing. • Seek medical attention for flu symptoms. 	<ul style="list-style-type: none"> • Ask your primary care physician about whether the flu shot is appropriate for you. • Visit the VA Vaccination website: www.publichealth.va.gov/flu/vaccination/index.asp