

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"> ▪ We recommend that you 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 the VA Tobacco and Health Website: www.publichealth.va.gov/smoking/
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: http://www.move.va.gov/default.asp
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: http://www.mentalhealth.va.gov/substanceabuse.asp http://www.veterandrunkerscheckup.org/ https://www.myhealth.va.gov/mhv-portal-web/anonymous.portal?_nfpb=true&_pageLabel=mentalHealth&contentPage=mh_screening_tools/ALCOHOL_SCREENING.HTML ▪ Visit the National Institute on Alcohol Abuse and Alcoholism website: http://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: http://www.publichealth.va.gov/flu/vaccination/index.asp