

## About VISN 4

VA Healthcare-VISN 4 is a network of 10 VA Medical Centers and 45 community-based outpatient clinics. VISN 4 provides health care and social services to Veterans in Pennsylvania and portions of Delaware, New Jersey, New York, Ohio and West Virginia.



## VISN 4 Vet Centers

Beyond VISN 4's medical centers and community-based outpatient clinics, Veterans can also receive care at one of the network's 12 VA Vet Centers. These centers offer adjustment and outreach services to any Veteran who served in a combat zone. The centers also aid family members struggling with military-related issues. To learn more or locate a VA Vet Center nearest you, go to [www.vetcenter.va.gov](http://www.vetcenter.va.gov)



## VISN 4 OEF/OIF/OND Contacts at your Fingertips



### VISN 4 Program Coordinator

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### Altoona

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### Butler

William Cress 724-285-2493

### Clarksburg

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### Coatesville

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### Erie

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### Lebanon

Chad Korell 717-228-5954

### Philadelphia

Lori Maas 215-823-5915

### Pittsburgh

Misty Shields 412-954-4194

### Wilkes-Barre

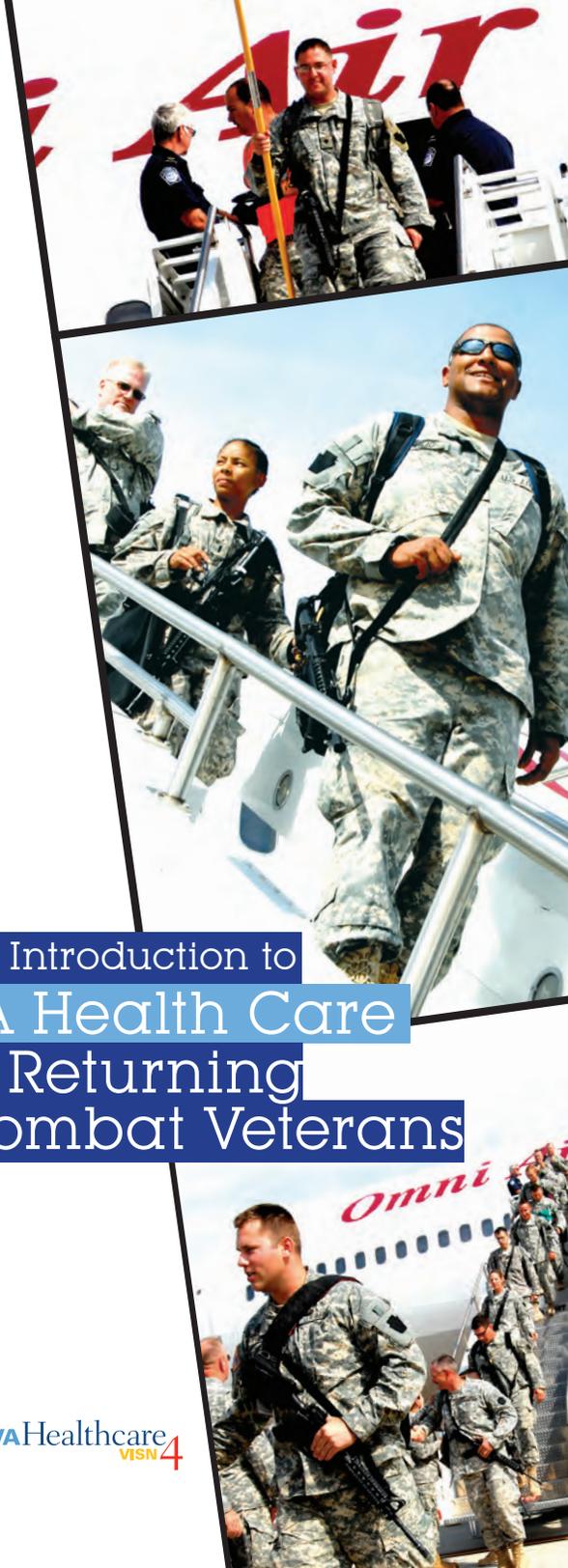
Colleen Kaskel 570-824-3521 ext. 7803

### Wilmington

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For more contact information—including email addresses—visit [www.visn4.va.gov/OEF0IF.asp](http://www.visn4.va.gov/OEF0IF.asp)

## An Introduction to VA Health Care for Returning Combat Veterans





## How Stress can Follow you Home

Combat stress can impact a Veteran's daily life in many ways and impede their interactions with colleagues, friends and family.

Stress may cause a Veteran to feel hostile or angry. It can also lead to sleeplessness and can even prevent a prevent a Veteran from connecting emotionally with others. In addition, stress can negatively impact a Veteran's professional life; stressed individuals often fatigue more easily, have difficulty concentrating and miss work more frequently.

If you feel that you may be experiencing symptoms related to combat stress or military sexual trauma, please contact your nearest VA health care facility.

## Our Promise to you Five Years of Free Health Care

Eligible returning service members have five years from their date of discharge to receive free VA health care for any combat-related condition. Some of the many services that the VA offers Veterans include:

- Primary Care
- Counseling
- Dental Care
- Behavioral Health
- Women's Health
- Physical Therapy
- Prosthetics
- Substance Abuse Counseling
- Sexual Trauma Counseling
- Stress Management
- Urgent Care

Contact your local VA or visit [www.oefoif.va.gov](http://www.oefoif.va.gov) or [www.visn4.va.gov/OEFOIF.asp](http://www.visn4.va.gov/OEFOIF.asp) for more information.

## A Personal Interest in your Health

Every VISN 4 VA Medical Center supports a team of medical experts devoted to helping Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn (OEF/OIF/OND) Veterans adjust to civilian life.

Case managers at every VISN 4 medical center offer returning service members confidential, one-on-one assistance with their health care concerns.

In addition, VISN 4 has four transitional patient advocates who work specifically with OEF/OIF/OND Veterans to make sure that they understand their benefits and rights and get the health care services that they have earned and deserve.

