CHRONIC PAIN? SLEEPLESS NIGHTS? VA CAN HELP.

VA provides high-quality, affordable–*and often no-cost*–healthcare for eligible Veterans. Choosing VA means getting everything you need in one spot.

Less Pain, Better Rest

VA healthcare can help you feel like yourself again, with personalized options for chronic pain and sleep problems.

Pain Support

VA offers physical therapy and rehab, acupuncture, chiropractic care, medication management, pain education, and other options focused on functional recovery.

Sleep Aid

Options include sleep studies, sleep apnea treatment, cognitive behavioral therapy for insomnia, relaxation techniques, medications, and lifestyle coaching.

Why Choose VA?

- Get comprehensive coverage you can count on–primary care, specialists, hearing/vision, mental health, and more!
- Pay less (or pay nothing) for co-pays, prescriptions, appointments, and urgent care.
- Use virtual visits, mailed prescriptions, and access 3,000+ urgent care locations.
- Keep your private insurance AND use VA care.

Already enrolled? **Talk with your VA care team about your pain or sleep concerns.**

Not enrolled? Enroll Today in VA Healthcare.

Apply Online

va.gov/health-care/apply-for-health-care-form-10-10ez/introduction

Apply By Phone

Contact VA's Health Enrollment Center toll-free at 877-222-8387

Apply In-Person

va.gov/find-locations

Better Rest. Less Pain. Stronger Tomorrow.
VA is here for you.

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