Dear Veteran:

Did you know that the VA encourages veterans to get a variety of routine health tests, such as checking your cholesterol? Read below to see why.

Why check my cholesterol?

- Over 100 million American adults have cholesterol levels which are higher than recommended.
- Having high blood cholesterol can put you at risk for heart disease, the leading cause of death in the US.
- Adults aged 20 years or older should have their cholesterol checked every 5 years.
- If you think you may not have had a cholesterol test in the past 5 years, ask your provider at your next visit.

The good news!: Cholesterol can be lowered through diet, physical activity, weight control and medication.

Dear Veteran:

Did you know that the VA encourages veterans to get a variety of routine health tests, such as testing for diabetes? Read below to see why.

Why check for diabetes?

- About 24 million Americans have diabetes, but one quarter of these people don’t know they have it, because they haven’t been tested recently.
- Diabetes can cause serious health problems like heart disease, strokes, blindness, and kidney disease.
- Adults aged 45 years or older should have their blood sugar checked (the test for diabetes) at least every 3 years.
- If you have not had your blood sugar checked in the past 3 years, or if you are unsure, ask your provider at your next visit.

The good news!: If you don’t have diabetes, your provider can help you keep it that way. If you do have diabetes, your provider can tell you many ways to control it.

Dear Veteran:

Did you know that the VA encourages veterans to get a variety of routine health tests, such as testing for HIV disease? Read below to see why.

Why check for HIV disease?

- Over 1 million Americans have HIV. Unfortunately a quarter of the people who have HIV don’t know they have it because they have never been tested.
- Having HIV but not knowing you have it means that you could spread the virus to other people. Also, untreated HIV causes AIDS, which is a very serious disease.
- The Centers for Disease Control (CDC) recommends that all adults get tested for HIV.
- If you think you may not have been tested for HIV, or are unsure, ask your provider at your next visit.

The good news!: Most people tested for HIV don’t have it. But if you do have HIV you won’t lose any VA benefits, and the VA has excellent health care for HIV.