



Boise VA  
Medical Center

# Fall 2025 Wellness Flyer

***Fall is around the corner – Stay healthy with your Flu Shot***

**Starting mid-September**, Boise VA offers flu shots for enrolled Veterans at our Primary Care Clinics and Community Based Outpatient Clinics (CBOC), and fall flu clinics:

## **Boise VA Main Campus**

### **Drive Thru at Flagpole Loop**

Oct 1<sup>st</sup> - Oct 4<sup>th</sup> from 8:30AM – 12:00PM

\*New Saturday hours!

### **Walk-Up Tents**

Main Entrance & Bldg. 114 Behavioral Health

Sept 29<sup>th</sup>- Oct 10<sup>th</sup> from 8:30AM – 3:30PM  
Monday thru Friday

### **Evening Clinic Walk-Ins**

Building 88 – Orange Team

Oct 6<sup>th</sup> – Oct 9<sup>th</sup> from 4:30 – 7:30PM  
Monday thru Thursday

## **Outpatient Clinics**

### **Mountain Home**

Drive Thru & Walk Up Oct 3<sup>rd</sup>, 9AM – 3PM

### **Caldwell**

Drive Thru Oct 6<sup>th</sup> – 10<sup>th</sup> 8AM – 3PM

### **Twin Falls**

Drive Thru Oct 10 from 8:30AM to 3PM

### **John Day Elks Lodge**

Walk-Up Oct 22<sup>nd</sup> from 9AM to 12PM

### **Salmon & Eastern Oregon Clinics**

Walk-ins available

### **Tips for getting your flu shot:**



- Bring your VA ID card
- Wear clothes that offer easy access to your shoulder
- Age 65+ receive high dose or adjuvanted vaccine

You can get your flu shot from a community provider. Visit [www.prevention.va.gov/flu](http://www.prevention.va.gov/flu) to check eligibility and locate a provider. Bring your VA ID card. For eligible Veterans there is no copay. Tell your Primary Care Team the date you received your flu shot.

## ***Other Upcoming Events***

### **Treasure Valley Stand Down**

### **Resources, Health & Benefits Fair**

**Friday, September 26<sup>th</sup> 11AM – 6PM**

Ford Idaho Center

16114 N. Idaho Center Blvd., Nampa, ID 83687

### **Women Veterans Virtual Town Hall**

**Wed August 27<sup>th</sup> 5-6PM**

Open to all Women Veterans

<https://www.va.gov/boise-health-care/health-services/women-veteran-care/>



# VA

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## Feeding America's Heroes at the Treasure Valley Stand Down

September 26 from 11-6PM at Ford Idaho Center: Veterans and families welcomed. Providing essential supplies and food to help Veterans stay safe and meet every day needs. Groceries for Veterans and families to take home with hot food and beverages while supplies last.

## My HealtheVet Sign-in has Changed

Sign in using your **Login.gov** or **ID.me** account to access [www.va.gov/my-health](https://www.va.gov/my-health)

- Secure Message your health care team
- View your VA health records
- Prescription refills, appointment tracking
- Access Veterans Health Library

## Your Preventative Health Reminders

### Vaccines:

- Have you gotten your **COVID Vaccine**?
- 2-dose **Shingles vaccines** due for ages 50+ & 2nd dose is 2-6 months later

### Received a vaccine elsewhere?

Update your record by sending a copy to your Primary Care team and/or use the Annie App.

### Screenings: Check before symptoms!

- Colon cancer screening starts at age 45
- Blood pressure screenings every year
- Breast cancer screening for women every year ages 40-74
- Cervical cancer screening every 3 years ages 21-29 and ages 30-65 every 3-5 years

### Classes: Ask your Primary Care Team for details

- **MOVE! Program:** Supports weight loss goals with VVC classes over 16 weeks.
- **Diabetes Basics:** 7-week class on Fridays to support Veterans with pre-diabetes and diabetes at the main campus. Call 208-422-1000 x 7055 to schedule.
- **Healthy Teaching Kitchen (HTK):** 2-3-week classes offered in person on Wednesdays from 1PM to 2:30PM. Call 208-422-1000 x 7055 to schedule.
- **Taking Charge of My Life and Health:** 6 to 8 week in-person classes to explore what matters most in your life towards positive changes, learn healthy coping skills, and connect with valuable community resources. Call 208-422-1050 for more info.

## Construction Updates

- New Main Campus Primary Care/Mental Health building est. completion April 2026.
- Twin Falls New CBOC clinic expansion in progress.

