

THE BOOST TEAM



U.S. Department
of Veterans Affairs

Providing Comprehensive Care to Women, Transgender, and Gender Diverse Veterans

WHO WE ARE

We are an outreach team including a Women's Health/Primary Care Nurse Practitioner and Peer Support Specialist. We are here to help you.

GOAL

Our goal is to provide telephone and video visits to women, transgender, and gender diverse Veterans. We are here to help you meet your wellness goals, coordinate care, and link you to primary and specialty care.

The Boost Team can help you access gender-sensitive, Veteran-centered, trauma-informed care including:

- Cervical and breast cancer screening
- Support with menopause symptoms
- Family planning services, birth control, and infertility evaluation
- Maternity care coordination
- Gynecology and surgical gynecology consultation
- Pelvic floor wellness
- Mental health and counseling services
- Comprehensive pain evaluation and treatment
- Lifestyle wellness services including exercise and nutrition programs AND MORE!

REACH OUT TO BOOST

Ask your PACT about a referral to Boost, or reach out to us for help!

Have questions about your health? Having a hard time getting your wellness goals met? Please contact the Tara Stacker, Boost NP:

- Tara Stacker, Boost Nurse Practitioner, 415-221-4810 ex 21084
- Please note, for all medical emergencies, please call 911

Want to talk to a women Veteran Peer Support Specialist who can help support you? Please contact Evana Mack, Boost Peer Support Specialist

- Evana Mack, Boost Peer Support Specialist, 415-939-8175
- Women's Health Peer Support Group, Please ask Evana!

Not enrolled in VA Care and want to be enrolled?

- Apply online: <https://www.va.gov/health-care/apply/application/introduction>
- Apply by phone: Call 877-222-8387, then press 1, Mon - Fri, 5:00 a.m.- 5:00 p.m. PST
- Apply by mail or fax: Download [VA Form 10-10EZ \(PDF\)](#) and mail your completed application including signature in ink to:
Health Eligibility Center 2957 Clairmont Rd., Suite 200, Atlanta, GA 30329
Fax: 404-828-5060 and 404-828-5669
- Need more help? Please contact Kathleen Mink 415-254-6842/kathleen.mink@va.gov

