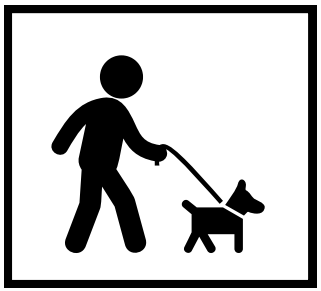
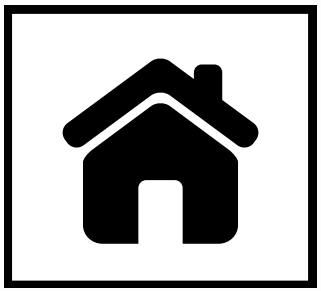
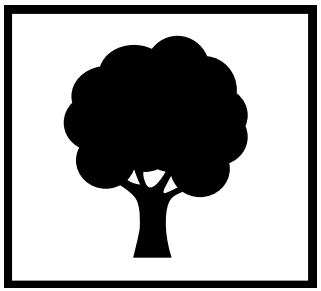
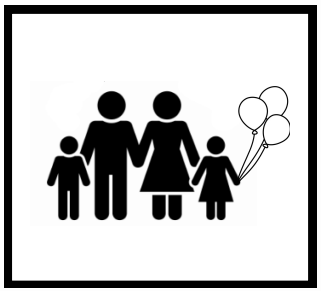
“**What Matters Most**” is different for everyone.









These videos are brought to you by the Veterans Health Administration (VHA) Geriatric Research Education and Clinical Centers and produced by the VHA Institute for Learning, Education, and Development. Additional funding was provided by VHA Geriatrics and Extended Care.

VHA expert clinicians from the VA Bedford Health Care System, the VA Puget Sound Health Care System, and the VA Salt Lake City Health Care System contributed to this project.

The “matters most” concepts in these videos are consistent with initiatives from Age-Friendly Health Systems, Patient Priorities Care, and Whole Health (VHA Office of Patient Centered Care and Transformation).

VA
U.S. Department of Veterans Affairs
Veterans Health Administration
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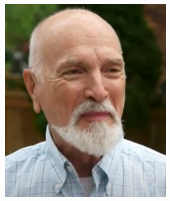
WHAT MATTERS MOST TO YOU?

Talking with your health care team about **your priorities** is the first step in creating a health care plan that focuses on what's important to you.



Learn more about these Veteran stories inside!

Learn about discussing **what matters most** by watching these 4 Veteran stories.

To find all 4 videos, please visit this website:

https://tinyurl.com/mattersmost-videos

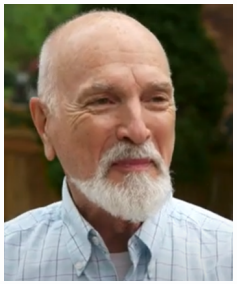
Disclaimer: In these videos, actors play the roles of Veterans. The storylines are fabricated, and any similarity to actual persons, living or deceased, is purely coincidental.

In this story, **Marty** loves gardening in his backyard, but his neighbor notices he hasn't been out in the garden much lately and goes over to find out why.

Watch here:

https://tinyurl.com/mattersmost-marty

In this story, **Alex** takes his dog Mugsy on regular walks around the neighborhood, until something gets in the way of Alex and Mugsy continuing the walks that they both enjoy.



Watch here:

https://tinyurl.com/mattersmost-alex

In this story, **Lillian** has recently moved in with her family, and she feels like something is missing in her new routine.

Watch here:

https://tinyurl.com/mattersmost-lillian

In this story, **Alberto** and his wife Camila treasure being there for their granddaughter, but something is standing in the way of making it to her graduation.

Watch here:

For English speakers:
https://tinyurl.com/mattersmost-alberto
Para hispanohablantes:
https://tinyurl.com/masimporta-alberto