

## Media Report 03 Nov 2023

This week's media reports will cover and answer great questions veterans are still asking and local Media Articles and An illness or injury can have an impact on your ability to adjust to life after service. We all need healthcare services. The Treatment benefits program provides coverage for a variety of benefits and services to help you get—and stay healthy

[In the lead up to Remembrance Day, we mark Veterans' Week from November 5 to 11, including Indigenous Veterans Day on November 8.](#)

During this period, we ask all Canadians to reflect on past and current events, and recognize the sacrifices of those who have served and continue to serve our country in times of war, military conflict and peace.

This year's theme is *"75 years of United Nations peacekeeping."* Canada's peacekeepers are a source of great pride for Canadians and they have made remarkable contributions during peace operations around the globe. This theme allows us the chance to recognize over 125,000 Canadian Armed Forces members, as well as over 4,000 Canadian civilian police officers, who have contributed to peace efforts.

This Veterans' Week, please encourage your colleagues and friends to take an active role in remembrance. Join the conversation on [social media](#) and explore our commemorative materials [online](#).

We are also asking for your help in using Veterans' Week as an opportunity to inform Veterans and their families of the [programs and services](#) that may be available to them. They deserve our support in getting the training and education they need to prepare for post-service life. In some cases they need our help in improving their physical and mental health and wellness, or emergency assistance. If you know a Veteran who could use some help, encourage them to reach out. [Let them know that you are there, and that Veterans Affairs Canada is there to support them.](#)

[Thank you for your continued support and collaboration.](#)

Respectfully,

Paul Thomson  
Director General, Commemoration  
Veterans Affairs Canada

Dawolu Saul  
Director General, Communications  
Veterans Affairs Canada

Chers collègues,

Lors de la période qui précède le jour du Souvenir, nous soulignons la Semaine des vétérans du 5 au 11 novembre, ainsi que la Journée des vétérans autochtones le 8 novembre.

Pendant cette période, nous demandons à tous les Canadiens et à toutes les Canadiennes de réfléchir aux événements passés et actuels et de reconnaître les sacrifices des personnes qui ont servi et continuent de servir notre pays en temps de guerre, de conflit militaire et de paix.

Le thème de cette année est « 75 ans de maintien de la paix des Nations Unies ». Les gardiens de la paix canadiens sont une grande source de fierté pour les Canadiens et ils ont apporté des contributions remarquables lors d'opérations de paix partout dans le monde. Ce thème nous donne la chance de reconnaître plus de 125 000 membres des Forces armées canadiennes, ainsi que plus de 4 000 policiers civils canadiens, qui ont contribué aux efforts de paix.

Cette Semaine des vétérans, nous vous invitons à encourager vos collègues et vos amis à jouer un rôle actif dans la commémoration. Joignez-vous à la conversation sur les [médias sociaux](#) et explorez nos ressources sur la commémoration [en ligne](#).

Nous sollicitons également votre aide pour tirer parti de la Semaine des vétérans en informant les vétérans et leur famille des [programmes et des services](#) qui sont mis à leur disposition. Ils méritent notre soutien pour obtenir la formation et l'information dont ils ont besoin pour se préparer à la vie après le service militaire. Dans certains cas, ils ont besoin de notre aide pour améliorer leur santé et leur bien-être physique et mental, ou d'une aide d'urgence. Si vous connaissez un vétéran qui a besoin d'aide, encouragez-le à nous contacter. Faites-lui savoir que vous êtes là et qu'Anciens Combattants Canada est là pour le soutenir.

Merci pour votre soutien et votre collaboration continus.

Sincères salutations,

Paul Thomson  
Directeur général, Commémoration  
Anciens Combattants Canada

Dawolu Saul  
Directeur général, Communications  
Anciens Combattants Canada

## **Health-related travel expenses.**

Travel expenses incurred by the Veteran when travelling to receive healthcare services or benefits may be reimbursed by VAC. Health-related travel costs include items such as transportation, parking, meals, lodging, out of province travel and, when required, an escort, meaning someone to accompany you if you are travelling to receive treatment.

In some of these cases, there is a maximum which can be claimed.

Please note the form has been updated on August 13, 2019. You should download the latest copy.

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We may reimburse health related travel costs to eligible Veterans who received treatment benefits authorized by us.

You must submit a health related travel claim within eighteen (18) months of your medical appointment. If you are enrolled in a VAC rehabilitation program you must submit a health related travel claim within twelve (12) months of your medical appointment.

For help please visit [Health-related Travel Guide](#).

Apply online through My VAC Account. Applying is easier with a guided form. Sign in or register for My VAC Account.

A rectangular button with a dark green border and a white background. The text "My VAC Account" is written in a bold, dark green font, centered within the button.

**My VAC Account**

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Download the health-related travel reimbursement form.

- [Health-related travel claim - Veteran](#)
- [Health-related travel claim - escort](#)

For help please visit [Health-related Travel Guide](#).

Then, drop it off at a [VAC Area Office](#). You can also mail your completed form directly to the address listed on the form.

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## Get help

The staff at any [VAC office](#) can assist you, or call us at **1-866-522-2122**.

### Receipts

Veterans do not need to submit receipts with their travel claims unless VAC asks for them. Veterans must still obtain receipts and appointment verifications and retain these original receipts for one year following the claim submission in case they are requested for review.

**For meals** - The amount paid cannot exceed the meal allowances set out by the National Joint Council's [Appendix C](#).

### Travel

Travel is defined as transportation, within Canada, by the most convenient and economical means appropriate to the condition of the Veteran between their residence and the appropriate treatment centre nearest to their residence.

**For travel in your own private vehicle** - VAC can reimburse kilometers at a rate that is two (2) cents more than the kilometric rate set out in the National Joint Council's [Appendix B](#).

**For pre-approved overnight travel** - Standard commercial accommodations can be paid at a rate no higher than the maximum rate permitted for federal public servants as outlined in the current [Hotel Directory for Government Employees](#) or private accommodations can be paid at a the rate outlined in the National Joint Council's [Appendix C](#).

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## Related programs

Coverage for services, prescription and devices: Financial support to qualified Veterans for healthcare services, and some travel expenses.

### **How do I receive VAC pre-approval for my expenses?**

You can request pre-approval prior to making travel arrangements using one of the following options:

- Call VAC at 1-866-522-2122 (toll-free) Monday to Friday 8:30 a.m. to 4:30 p.m. local time;
- Send us a secure message through My VAC Account; or
- Visit an area office.

Your request for pre-approval should be for specific dates, and you should be prepared to provide the name of the provider.

### **What type of HRT expenses can I claim?**

You may claim the following travel expenses to attend appointments:

- Transportation (examples: kilometres/mileage, taxi, bus, parking, toll, and ferry)
- Meals
- Lodging (must be pre-approved by VAC)
- Escort fee and escort travel expenses, when the need for an escort is medically necessary and has been pre-approved by VAC)

If you are a participant of VAC's Rehabilitation Program and accessing a rehabilitation service approved by VAC, you may also claim:

- Additional dependent care expenses which must be pre-approved by VAC.

## **I travel to get health-related items, but it is not to attend an appointment with a health care professional or to attend treatment, can I claim these expenses?**

No, travel expenses you incur to fill prescriptions or purchase/pick-up other health related items (batteries, supplies, cannabis for medical purposes etc.) are not eligible for reimbursement.

## **When can I claim a meal allowance?**

A meal allowance may be claimed when you purchased a meal due to being away from home because you attended an appointment.

Meal allowances can only be claimed for the time period required to travel to and from your appointment and the time period you wait and attend your medical or rehabilitation-related appointment. If your travel time is extended for reasons not related to your appointment, you are NOT eligible to claim meals. VAC will pay the corresponding meal allowance listed below, if you are required to be away from home for the entire two hour period listed below, based on the time you leave and return home.

- Breakfast 6:30-8:30 a.m.
- Lunch 11:30 a.m.-1:30 p.m.
- Dinner 5:00-7:00 p.m.

If you are travelling with an escort approved by VAC, your escort's meal(s) will be reimbursed based on your own meal(s) claimed.

## **What is an acceptable appointment verification?**

Any written confirmation that you attended the appointment, from the office of your health care professional is accepted for the purposes of verifying your appointment. Examples include:

- Health care professional completes and signs or stamps your claim form (VAC752), Section "B".

- Obtain an appointment card which is signed or stamped by your health care professional and includes the date and time of your appointment, and the health care professional's address.
- A signed letter from your health care professional's office confirming the appointment date, time, and address.

[Read more FAQs about the Guide to the Health-related Travel.](#)

## **IN THE MEDIA**

[Canada's military investments surge as geopolitical tensions grow](#)

[Treasury Board approves amendments service benefits for ill and injured member](#)

[Le SCRS a alerté les Inuit contre des investissements étrangers dans l'Arctique](#)

[Sask. liver doctor who splits time with military trauma duties says more support needed](#)

[Despite losing limbs, Ukrainian sappers return to work clearing land mines](#)

[Petite-Vallée érigeria un cénotaphe en hommage aux vétérans](#)

[Canadian military receives initial batch of new ACSV vehicles](#)

[Air force will have to wait even longer to get armed drones, Defence Department says](#)

Base/Wing — Newspaper

14 Wing Greenwood — [The Aurora](#)

22 Wing North Bay — [The Shield](#)

4 Wing Cold Lake — [The Courier](#)

CFB Esquimalt — [The Lookout](#)

CFSU Ottawa — [The Guard](#)

CFB Shilo — [The Shilo Stag](#)

19 Wing Comox — [The Totem Times](#)

8 Wing Trenton — [The Contact](#)

CFB Petawawa — [The Petawawa](#)

[Post](#)

17 Wing Winnipeg — [The Voxair](#)

CFB Halifax — [The Trident](#)

CFB Edmonton — [The Western Sentinel](#)

CFB Valcartier — [The Adsum](#)

CFB Kingston — [Garrison News](#)

CFB St Jean — [The Servir](#)

3 Wing Bagotville — [The Vortex](#)

CFB Borden — [The Citizen](#)

Base Gagetown — [Gagetown Gazette](#)