Veterans Health Administration

How do I access My HealtheVet *Wellness Reminders*?

To view ***Wellness Reminders***, you must be a registered My Health***e***Vet user and have completed the In-Person Authentication (IPA) process, a simple process to ensure you get the most benefit from My Health***e***Vet.

IPA requires you to provide valid, government issued photo identification (veteran identification card, driver's license or other government issued photo identification) to an authorized VA staff member and sign a release of information form. You are also required to watch a brief video that can be viewed online.

IPA may be done at any VA Medical Center and many Community Based Outpatient Clinics (CBOCs). If you have any questions, contact **Lauren Heiger, My HealtheVet Coordinator at 724-285-2595.**

For more information on IPA, visit Quick Links from the My Health***e***Vet website at **www.myhealth.va.gov**.

What is My HealtheVet Personal Health Record?

My Health***e***Vet Personal Health Record (PHR) is a secure website where patients can create his/her private Personal Health Record. Using My Health***e***Vet PHR, patients can actively:

- Track personal information (name, address, emergency contacts)
- Track health measures and maintain health journals
- Learn more about health conditions
- Request VA prescription refills
- Keep a record of all medications including supplements

www.myhealth.va.gov

Veterans and Consumers Health Informatics Office
Wellness Reminders Patient Information Brochure
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My Health*e*Vet

www.myhealth.va.gov
Wellness Reminders

VA's Award-Winning
Personal Health Record

What are My HealtheVet *Wellness Reminders*?

Wellness Reminders is an online feature of the My Health***e***Vet Personal Health Record where you can view your VA ***Wellness Reminders***.

You will be able to view the following types of health ***Wellness Reminders*** from your VA treatment facility(s) if they apply to you:

- Colorectal cancer screen
- Influenza (Flu)
- Pneumococcal (Pneumonia)
- Hypertension (High blood pressure)
- LDL control (Cholesterol)
- Lipid measure (Cholesterol)
- Body Mass Index

For people with diabetes:

- Diabetes foot exam
- Diabetes hemoglobin A1c
- Diabetes retinal exam

For women:

- Cervical cancer screen
- Mammogram screen

www.myhealth.va.gov

What are the benefits of using My HealtheVet *Wellness Reminders*?

- Alerts you to important tests, examinations or other medical procedures that you should schedule to protect your health
- Helps you remember important health information
- Allows you to be more involved in your own healthcare
- Allows you to view your VA health ***Wellness Reminders***
- Provides you with detailed ***Wellness Reminder*** information
- Provides health information to help you understand your ***Wellness Reminders***
- Allows you to share your ***Wellness Reminders*** with non-VA healthcare providers

Wellness Reminders **is an online feature of the My HealtheVet Personal Health Record where you can view your VA *Wellness Reminders*.**

My healthevet
www.myhealth.va.gov

Can I change the way I view *Wellness Reminders*?

Yes, you may change the way you view ***Wellness Reminders*** by selecting your preferred facility(s) from which ***Wellness Reminders*** are displayed. The first time you log on, the default setting is that all your VA locations are selected. You can make a change to the selection and unselect VA facilities of your choice. You must select at least one VA location to receive ***Wellness Reminders***.

Do I have to complete a *Wellness Reminder* at the facility specified on the list?

No, you can complete a ***Wellness Reminder*** at any preferred VA facility or non-VA healthcare provider. If you do complete a ***Wellness Reminder*** at another VA facility or at a non-VA facility, let your VA provider know.

What should I do if I have any questions about my *Wellness Reminders*?

Contact your VA healthcare team if you have any questions related to your care or the status of your ***Wellness Reminders***.