

Helpful Resources

www.myhealth.va.gov

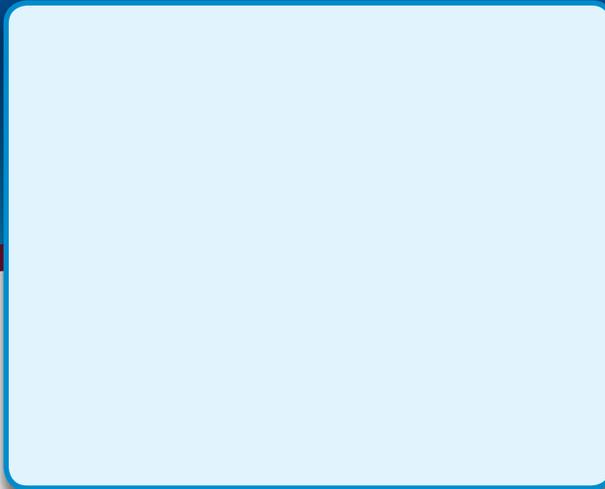
www.va.gov

To find a VA facility near you, go to www.va.gov/directory/guide/allstate.asp or call 1-877-222-8387.



Safeguard your personal health information

- ★ Create a strong password, using eight characters or more, and change your password every three months.
- ★ Keep your password secret, and never provide it in e-mail.
- ★ Even if you are prompted, do not save your password online. Always log out of a website and close the website browser.
- ★ If using a computer in a public setting, be careful. Turn the screen away from the view of others.
- ★ Be sure to take any printed material with you.



Links on the Homepage

In Case of Emergency

A convenient electronic log where you can record your emergency contacts.

VA Prescription Refills

Just a few keystrokes and your medication is on its way to your doorstep.

Medical Libraries

Access two extensive online medical libraries: MedlinePlus® and Healthwise®.

Physicians & Providers

Keep track of all your health care providers in one convenient location.

Vitals

Monitor and graph numerous health statistics online, such as blood pressure and blood sugar.

Military Health History

Keep track of all your military health information.

VA Honors

Read about VA news and features on Veterans.



www.myhealth.va.gov

My Health, My Care: 24/7 ^{Online} Access to VA

VA's Award-Winning Personal Health Record

Anywhere, Any Time Internet Access to VA Health Care!



Department of Veterans Affairs
Veterans Health Administration
Office of Health Information (19)
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Veterans Health Administration

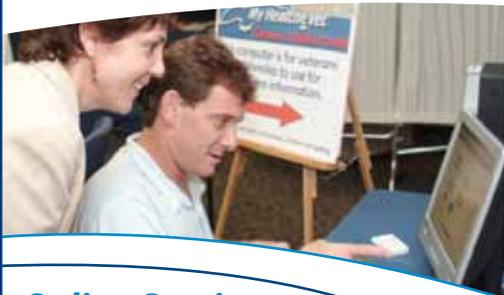
What is My HealtheVet?

My HealtheVet is VA's award-winning online Personal Health Record. It offers Veterans anywhere, any time Internet access to VA health care. Launched nationwide in 2003, My HealtheVet is the gateway to web-based tools that empower Veterans to become better partners in their health care. With My HealtheVet, America's Veterans access trusted, secure, and informed health and benefits information, at their convenience.

Why log on to www.myhealth.va.gov, My HealtheVet?

The mission of My HealtheVet is to improve health care for all Veterans by providing one-stop online access to better manage health, make informed health decisions and store important health and military history information. Register at www.myhealth.va.gov and become an active partner in your health care.

My HealtheVet
www.myhealth.va.gov



Online Services

- ★ VA Prescription Refills
- ★ Wellness Reminders
- ★ VA Benefits & Services
- ★ Trusted Health Information
- ★ Healthy Living Centers

Log on to

www.myhealth.va.gov and access:

- ★ Personal Health Journals
- ★ Vitals Tracking & Graphing
- ★ Military Health History Journal
- ★ Activity & Food Journals

Patient Empowerment

24/7 Access to VA Information

Improving Health Outcomes

Featuring

- ★ Spirituality Center
- ★ Caregivers Center
- ★ Separation from Active Duty Center

Register for Your VA Personal Health Record

- 1 Type www.myhealth.va.gov in the address bar on your web browser, and then press Enter. This takes you to VA's My HealtheVet website.
- 2 On the right-hand side, click the **Register Today** button.  Complete the Registration Page and review and accept the Terms & Conditions and the Privacy Policy for using the My HealtheVet website.
- 3 Log into your My HealtheVet account and begin to create your Personal Health Record.
- 4 Begin using My HealtheVet to better manage your health and access VA health care and services at your convenience.
- 5 Bookmark www.myhealth.va.gov as a favorite.

To get the most out of your My HealtheVet Personal Health Record, visit your local VA facility to get an upgraded account, known as In-Person Authentication (IPA).

Is an Upgraded Account, or In-Person Authentication, for me?

Yes, if you want to see the names of VA prescriptions, not just the numbers; get Wellness Reminders; and be the first to access all new My HealtheVet features that will enhance your Personal Health Record. Ask about IPA at your local VA facility.