

## Helpful Resources

[www.myhealth.va.gov](http://www.myhealth.va.gov)

[www.va.gov](http://www.va.gov)

To find a VA facility near you, go to [www.va.gov/directory/guide/allstate.asp](http://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.



My Health, My Care: 24/7 <sup>Online</sup> Access to VA

### 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.

## VA's Award-Winning Personal Health Record

*Anywhere, Any Time Internet Access to VA Health Care!*



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Veterans Health Administration  
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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](http://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](http://www.myhealth.va.gov) and become an active partner in your health care.

## Register for Your VA Personal Health Record

- 1 Type [www.myhealth.va.gov](http://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](http://www.myhealth.va.gov) as a favorite.

**My HealtheVet**  
[www.myhealth.va.gov](http://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](http://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

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.