



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

You Are Invited

Dear Veteran,

You are invited to take greater control over how you manage your personal health and improve communications with your health care team through an exciting website created just for you, My HealthVet (www.myhealth.va.gov).

My HealthVet and Secure Messaging give you more freedom to make your health care decisions — and seek medical advice at a time and place that work best for you, based on *your* preferences.

With an upgraded My HealthVet account*, you can *see* portions of your medical records and track lab results and vital signs. You can monitor blood sugar and blood pressure levels, submit VA prescription refills and ask for advice on your schedule.

You can *share* your online selected medical history with your family, caregivers or non-VA providers — ensuring they have all the information they need to help you. And you can be sure that your records are secure as only you decide who sees them.

Using Secure Messaging to communicate with your provider and health care team means you can get care *between* visits. There's no waiting for advice until the next check up. Changes to medications can be made in real time. Best of all, you can *learn* more about your health conditions or ways to improve your treatment by enrolling with My HealthVet.

You can do all this, and more, from any computer. With My HealthVet and Secure Messaging there's no drive to make, no forms to fill out and no waiting in line or on the phone — saving you time and money, whenever possible.

Getting started with My HealthVet and Secure Messaging is easy. Just contact your health care team or a My HealthVet Coordinator and tell them you'd like to accept this invitation at your next appointment and they will walk you through the short account set-up process, or log on to www.myhealth.va.gov to learn more.

My HealthVet and Secure Messaging put you in the driver's seat to better manage your health and personal well-being. VA is proud to be your partner to ensure you receive the best health care possible.

Ask your VA health care team how My HealthVet can help you today!

Here's to a year of good health!

— Your VA Health Care Team



Veterans Health Administration
Office of Informatics & Analytics

VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century

Register and Start Using My HealtheVet Today!

Register

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.

On the right-hand side, select the green **Register Today** button. On the registration page, review and accept the **Terms & Conditions** and the **Privacy Policy** for using the My HealtheVet website.

If you have any problems with setting up your account (for example, if you receive a message that an account already exists), click on the white "Contact MHV" tab (located under the My HealtheVet banner at the top of the screen) and submit a question through the "Contact Help Desk" link. An * indicates a required field. Do not skip over a field with a red asterisk * or My HealtheVet will not be able to complete your registration.

Identification

If you are a VA patient, enter your name, Social Security Number (SSN), gender and date of birth exactly as it appears in your VA record.

Relationship to VA

You must select "VA Patient" in order for My HealtheVet to match your account with your VA medical record.

Contact Information

Select a preferred method of contact and make sure you provide the corresponding information (email address and phone/fax/pager numbers).

Account Information:

User ID

Create a user ID that is unique and contains no spaces; it must be 6 –12 characters (e.g. mayflower).

Password

Create a password that is unique and contains no spaces; it must be 8 –12 characters and have at least **one** letter and **one** number and **one** special character (e.g., !, #, %) for example sunshine05# or moonlight3!.

Terms & Conditions and Privacy Policy

Select the links for **Terms & Conditions** and **Privacy Policy** in order to read in full, and then **click** on the box next to Accept.

Save

Make sure you select the red "**Save**" button at the bottom of the Registration page so My HealtheVet can set up your personal account.

That's it! You can now use My HealtheVet to better manage your health and access VA health care services at your convenience.

Upgrade

***Get the most out of My HealtheVet.** Take the next step to **upgrade** your account with In-Person Authentication (IPA). It takes a few minutes online, then a visit with a My HealtheVet Coordinator during your next clinic visit.

With an upgraded account, you can access all that My HealtheVet has to offer and will be the first to use new features as they are introduced on My HealtheVet. Ask about IPA at your local VA facility today!

