# My Health, My Care: 24/7 VAccess to VA

### Tools designed for you

#### **Emergency Contacts Electronic Log**

In case of an emergency, record your emergency contacts in this convenient electronic log.

#### **VA Prescription Refills**

Refill your VA medication(s) with just a few easy keystrokes and your medication(s) will be on their way to your mailing address.

#### **Physicians and Providers**

Keep track of all your health care providers, and their contact information, in one convenient location.

#### **Your Vitals**

Monitor and graph your health statistics, including your blood pressure and blood sugar.

#### **Veterans' Health Library**

Find trusted information and answers in a customized extensive online medical library the new Veterans' Health Library – complete with videos, interactive modules and more.

#### **Military Health History/Military Service** Information

Enter and track all of your military health information, plus access your DoD Military Service Information (if eligible).

#### **VA Blue Button**

View, print or download your personal health information with VA Blue Button.



## My HealtheVet: www.myhealth.va.gov

VA Main Website:

www.va.gov



Scan this QR code to learn more.



For more information, contact a local My HealtheVet Coordinator. Created/Revised 05/2012



## **Your Personal Health Record** Anywhere, Any Time.

**Take Control of Your** VA Health Care!



# What is My HealtheVet?



My HealtheVet is an award-winning website that offers Veterans anywhere, anytime access to their VA health care records. Its web-based tools give you greater control over your care and wellness – helping to make you an active partner in your health care.

## **Start here**

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.



What can you do?

Securely access portions of your VA health records online, 24/7.

Print and save your personal health information with the VA Blue Button.

View VA appointments and access DoD Military Service Information (if eligible).\*

Refill VA prescriptions.

View your VA lab results and immunization records.\*

Ask private questions about your health information and healthy living with Secure Messaging.\*

# Log on

Your health care team can't be with you all the time. My HealtheVet puts trusted, secure health and benefits information at your fingertips so you have what you need to make smart decisions about your health and wellness anytime.

Storing your unique health and military histories, My HealtheVet offers a wealth of general and specific data to help you.

With your My Health eVet account, you can also access:

Personal Health Journals;

Military Health History Journal; and

Activity and Food Journals.

#### Register at www.myhealth.va.gov and become an active partner in your health care.



account and create your Personal Health Record.

Login Forgot User ID? Forgot Password? First time My HealtheVet

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

\*Get the most out of My Health*e*Vet. 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. Ask about IPA at your local VA facility today!