

An Upgraded My HealthVet Account – Putting You in the Driver’s Seat

Take greater control over how you manage your personal health and communications with your VA health care team through an exciting website created just for you!



My HealthVet lets you manage your personal health and communications with your VA health care team, at a time and place that works best for you, based on your preferences.

With an upgraded My HealthVet account, you will have more freedom to make your own decisions. You can be confident that you are receiving seamless service and care, with help and advice available whenever and wherever you need it.

Why upgrade? My HealthVet puts you in the driver’s seat and gives you the fuel to play a more active role in your health care, letting you:

- Use [Secure Messaging \(SM\)](#) to communicate non-urgent/non-emergency needs with providers and VA health care teams;
- View follow-up VA appointments without the hassle of telephone calls;
- Consult with your VA health care team using [SM](#) to make important changes to medication(s) without having to wait in line or on the phone or wait for your next scheduled visit;
- Access Department of Defense Military Service Information if eligible; and
- Get an eBenefits Premium account and track claims online.



You will no longer need to ask for paper copies of your VA health care records in-person for each request. You can download portions of your health records with the VA Blue Button and share them with your family, caregivers or non-VA providers.

Get the most out of My HealthVet . Visit your local VA facility to get an upgraded account.

Take the next step to upgrade your account with In-Person Authentication (IPA) at your next appointment. This is a one-time process that helps protect your information.

With an upgraded account, you can access all that My HealthVet has to offer and will be among the first to use new features. Ask your local My HealthVet Coordinator or VA Health Care Team about IPA at your VA Medical Center or Clinic today!

My HealthVet...See...Share...Learn...24/7!

www.myhealth.va.gov

Upgrade
Your Account

Secure Messaging and Preventive Care

Communicate with your VA Health Care Team from any computer, at any time!



With an upgraded My Health eVet account*, you have the ability to opt-in to **Secure Messaging (SM)**.

Secure Messaging gives you a safe and convenient way to get the information you need from your health care team. Using **SM** means you can receive preventive care from your health care team *between* visits:

- There's no waiting until the next checkup to ask questions or get help and advice for your health care team. "**See**" your health care team online and communicate with them when you want or need to.
- You can use the information you receive to make decisions to improve your health, and help prevent disease and other health issues in the future. **Share** this information with others to improve your treatment.
- You can even work with your health care team to change your medications or tackle treatment options before your next visit. **Learn** more by using **SM** and My Health eVet to improve your partnership with your VA health care team.

With **SM**, you have greater control over how you manage communications with your health care team. If you choose to opt-in to the **SM**, there's no trip to the clinic, no forms to fill out and no waiting in line or over the phone — saving you time and money.

*To use **SM**, you need to upgrade your My Health eVet account through a one-time process called In-Person Authentication (IPA). Contact your local My Health eVet Coordinator or ask about IPA at your next visit.



The **SM** feature is for non-critical, non-urgent communications, and messages will likely be answered within three business days. The information you send and receive through **SM** will remain confidential and only you will have access to the messages. **SM** is not for emergencies. Always dial 911 for emergency situations or concerns.

Secure
Messaging

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www.myhealth.va.gov

Your “Patient Aligned Care Team” (PACT) and Secure Messaging

Keeping you at the center of your health care treatment, decisions and planning.



Your **Patient Aligned Care Team (PACT)** is dedicated to partnering with you to make decisions that focus on your entire well-being.

My HealthVet provides enhanced access to care by letting you see and share your health information with your **PACT**, and allows you to access tools and resources anytime, anywhere. **Secure Messaging (SM)** strengthens your partnership with your VA health care team by communicating with team members between appointments.

PACT is part of the VA Health Care System’s commitment to improving your care as a Veteran. The **PACT** model responds to your needs to make sure you receive the best health care possible. By working together with your health care professionals, you can better plan for whole-person care and life-long health and wellness. It helps you take proactive steps to stay healthy and share in the decision making process.

The PACT model of care focuses on:

Partnerships – The key to **PACT** is an active partnership between you and your VA health care team.

Access – **PACT** enhances your access to care through My HealthVet, **SM** and other initiatives.

Coordination – **PACT** leads to greater coordination of care among various providers.

Team – You are at the center of your **PACT**, surrounded by your VA health care team, family and other caregivers.

Upgrade your My HealthVet account and opt-in to SM to take full advantage of your PACT and take greater control over your health care!

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PACT
Patient Aligned
Centered Care

Emergency Preparedness and Support

Staying healthy and saving lives during an emergency.



My HealthVet gives you more control over your health care decisions and healthy lifestyle choices. It also helps you take important steps to stay healthy and safe during an emergency through the [My HealthVet Emergency Preparedness Center](#).

The [My HealthVet Emergency Preparedness Center](#) shows you how to protect yourself and your family in a disaster or emergency situation. This online portal will show you what you can do before, during and after an emergency or disaster to protect your family, health and property.

At the [Emergency Preparedness Center](#), you can learn how to:

- Put together supply kits to help you and your family survive during and after a disaster;
- Develop, practice and maintain emergency plans so that you are prepared if a disaster strikes; and
- Let emergency health care workers know about your health needs.

You can prepare for an emergency ahead of time using the detailed instructions found at My HealthVet. There you can see how to create disaster supply kits for both your home and car, keeping you prepared wherever you are.

You will find helpful tips and tools for making your own Family Disaster Communications Plan that can keep you and your family members connected and protected in an emergency.

The [My HealthVet Emergency Preparedness Center](#) also includes a list of website links that can help you decide whether to stay where you are or leave if a natural disaster is headed your way.

Log into your My HealthVet account at www.myhealth.va.gov to enter information about your conditions, medication(s) and other health-related information using the Personal Health Summary. This information can be used by health care workers who might treat you during a disaster.



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www.myhealth.va.gov

My Health eVet Online Tools

Manage and improve your health and communication with your VA health care team with the resources available at My Health eVet.

My Health eVet puts a number of easy-to-use online tools and resources at your fingertips.

Log into your My Health eVet account at www.myhealth.va.gov and access:



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 steps and your medication(s) will be on their way to your mailing address.

Wallet Health Information Card

Print your personal medical information on a handy, pre-formatted wallet card for convenient reference. The card has space to list your allergies and other important medical conditions.

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.



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VA Blue Button

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



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.

Health Calendars and Journals

Keep track of your VA appointments with your own Health Calendar and monitor your health activities with food, activity and personal health journals.

Military Health History/Military Service Information

Enter and track all of your military health information and access your Department of Defense Military Service Information (if eligible).

VA Appointments

View your upcoming VA appointment schedule without the hassle of a telephone call.

VA Lab Results

See your VA lab test results online as they become available.

VA Allergy and Immunizations

Keep track of the vaccines you have received or may need and any allergic reactions you have experienced.



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