



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

HEALTHY LIVING ONLINE

My HealthVet - At a Glance

My HealthVet is VA's award-winning, online Personal Health Record available at: www.myhealth.va.gov. Available anywhere there is Internet access, My HealthVet is for Veterans, active duty Servicemembers, their dependents, and caregivers. With My HealthVet, you can access trusted and secure VA health information to better manage your overall health and wellness, and to put the power of prevention in your hands. For Veterans, there are enhanced features and facts about VA benefits and services to which you may be entitled.

After you register, you can:

- Record and track your health information and your family's health history
- Enter past and present military service events
- Keep activity and food journals
- Record, track, and graph vital signs
- Maintain other health measures

If you are a Veteran enrolled at a VA health care facility, you can also access advanced features of My HealthVet. To access the advanced features, you must complete a one-time process called In-Person Authentication or "IPA". This includes making a personal visit to your VA facility to verify your identity. After completing the IPA process, you can use My HealthVet to:

- Refill your VA prescriptions by name, not just by the prescription number
- Record your non-VA medications, over the counter medications, vitamins and supplements
- Receive your customized VA Wellness Reminders
- Access new features as they become available

Expected in 2010, and after completing the IPA process, you will be able to view your VA appointments, VA lab test results, and VA list of allergies. You also may communicate with your health care teams through a "Secure Messaging" feature within My HealthVet.

My HealthVet: 24/7 Access to VA Health Care - *It's quick, easy and it's for YOU!*

Improve Your Health with Online Access

Register for My HealthVet today at www.myhealth.va.gov. If you are a VA patient, take a few minutes during your next clinic visit to complete the one-time IPA process. Begin your health and wellness journey today!

www.myhealth.va.gov



Veterans Health Administration
Office of Health Information

www.va.gov

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