Discover your gateway to health and wellness!

My HealtheVet

The U.S. Department of Veterans Affairs (VA) is here to provide the highest-quality care and medical services to our region's Veterans. My Health*e*Vet is a Web-based application that creates an online environment where Veterans, their family members, and clinicians may come together to optimize Veterans' health care. With My Health*e*Vet, you can access tools to better manage and make informed decisions about your health care.

VA's My Health*e*Vet helps keep VA at the forefront of modern health care. It's a free, online personal health record available 24/7 to Veterans and their families and caregivers.

*With My Health*e*Vet, you can:*

Track your health information.

My Health*e*Vet is a tool to help Veterans understand and take charge of their health. Once registered, you will be assigned a Basic Account where you can create and manage a personal, confidential, and secure health journal to record your:

- Allergies, medications, and immunizations
- Health care provider and insurance information
- Blood pressure, blood sugar, weight, cholesterol levels, and other data
- Prescription and over-the-counter medications, herbal medicines, and supplements
- Exercise and food intake

Stay on top of managing your health with My HealtheVet's Blue Button.

My Health*e*Vet's Blue Button allows you to view, print, or download and store information from your personal health record.

Registered Veterans have the option to upgrade their My Health*e*Vet account from Basic to Advanced or Premium. Both accounts increase your level of access to features offered by My Health*e*Vet and enable you to view some VA and/or DoD records. Veterans who complete an in-person authentication at a VA medical center will receive a Premium Account, which provides the highest level of access to My Health*e*Vet features and personal VA health information including:

- VA medical appointments
- Lab results
- Prescription history
- Vitals and readings
- Admissions and discharges
- Portions of your official VA health record (as they become available)
- DoD military service information
- Clinical notes recorded by your health care team during your medical appointments

VA HEALTH CARE | Defining EXCELLENCE in the 21st Century

David Haas
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VA San Diego Healthcare System

Communicate with your health care team with Secure Messaging.

My Health*e*Vet is a safe and secure website for sharing confidential health information with your health care team. You can use the website's Secure Messaging to contact your primary care providers and specialty care teams—and avoid long hold times on the telephone or missed phone calls from your health care providers. Secure Messaging can be used to:

- Schedule or change appointments.
- Request a prescription renewal.
- Ask medical questions.

Refill VA medications safely with a click of your mouse.

- View your VA prescription refill history.
- Use the My Medications + Supplements program to combine in one easy-to-read chart all VA records of your medications and records of any prescription or over-the-counter medications, herbal medicines, and supplements you have recorded yourself.

Access some of VA's most helpful resources.

- View both upcoming and past medical appointments.
- Enter personal activities in your Health Calendar.
- View and print your health information card to carry in your wallet.
- Access trusted educational information in the Veterans Health Library and Healthy Living Centers.
- Access self-assessment tools and VA wellness reminders.
- Receive customized, online health reminders for patient wellness.
- Use the My Goals tool to set personal health goals and track your progress.
- Use the Blue Button to view, print, or download your personal health information.

Register today!

To register, visit *www.myhealth.va.gov* and click "Register Today!" On the registration page, enter your profile information and click "VA Patient" in the "Relationship to VA" section. You will need to complete the form, create a user ID and password, read and accept the terms and conditions, and click "Save."

Once registered, you must complete an in-person authentication, which will verify your identity as a VA patient and give you the highest-level Premium Account—enabling you to enjoy the fullest benefits of My Health*e*Vet.

- Fill out the My Health*e*Vet release-of-information form (VA Form 10-5345a).
- During your next visit to your local VA facility, submit the completed form and show one form of valid government-issued photo identification to a designated VA staff member.

For assistance with registration, visit your local VA medical center, or contact your local My Health*e*Vet coordinator.

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