



**My HealtheVet: Veterans Online Health Record**

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www.myhealth.va.gov

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## Why My HealtheVet?

- My HealtheVet is an online personal health record available to veterans.
- Allows the user to participate in their own healthcare with **self tracking tools for vitals**, such as blood pressure, blood sugar, weight tracking and more.
- Veterans with a premium account have the potential to **order prescriptions online, view appointments and lab results as well as use the secure messaging system.**
- Access to Veterans Health Library which contains approved education materials.
- [What is My HealtheVet? – Video](#)



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www.myhealth.va.gov

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## My HealtheVet Features

- Personal information, emergency contacts
- Personal, family, and military health history
- Personal health summary
- Health Logs for vitals, intake and activity
- Ability to record over the counter medication, supplements, herbals
- **Allergies and Adverse Reactions**
- **Lab Results**
- Online VA prescription refills
- Wallet health information card
- **View Appointments**
- Health calendar
- Veterans Health Library
- **Blue Button - Download My Data**
- **Secure Messaging**

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## 2 Types of Accounts

- **Basic Account**
  - Able to use tools and education resources
- **Premium Account (In-Person Authentication)**
  - Basic Account access +
    - The ability to view labs, appointments, records and the use of Secure Messaging
    - Able to order prescriptions online
    - [My HealtheVet: Put a Premium on Your Health - YouTube](#)

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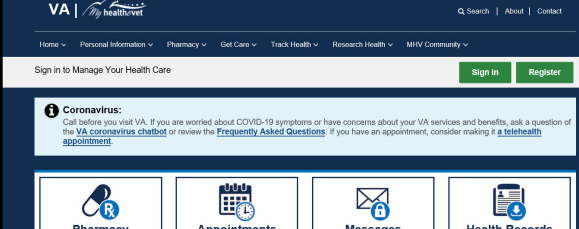
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## Basic Registration (myhealth.va.gov)

- Click on the 'register' button to begin. A registration form will appear, complete all sections of this form (Name = VA record).  
\*Make sure to click 'Patient' & 'Veteran'\*



The screenshot shows the myhealth.va.gov website interface. At the top, there is a navigation bar with 'VA | myhealthvet' and search/about/contact links. Below that is a menu with 'Home', 'Personal Information', 'Pharmacy', 'Get Care', 'Track Health', 'Research Health', and 'MHV Community'. A 'Sign in to Manage Your Health Care' section contains 'Sign In' and 'Register' buttons. A 'Coronavirus' alert is visible, along with icons for Pharmacy, Appointments, Messages, and Health Records.

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## How to Get a Premium Account?

**To upgrade a My HealtheVet account to Premium status, you will need to:**

- Be a VA patient and have an active My HealtheVet Basic Account
- Accept the current My HealtheVet Terms and Conditions
- Provide a primary government-issued photo ID (ex: VA card/Driver's License)
- Provide a secondary form of ID when your primary does not match your official VA medical record (such as a recent name change)

**There are 2 ways to upgrade a basic account to a premium account**

1. In-Person at a VA Facility or by using VA Video Connect
2. Sign-in to my healtheVet with a sign-in partner: DS Log-in or IDME (Login.gov to start March 21).

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## Upgrade an Account Using Veteran Video Connect (VVC)

If you do not have plans to be at a VA facility, this step can be done using VA Video Connect.

**You will need:**

- A device with a camera and microphone (smart phone, computer, tablet)
- Access to your email on your device
- Your current government picture ID

To set-up a VA Video Connect appointment, contact:  
Laurie: 402-650-4021 or Mike: 402-881-6191



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## How to Sign-In?

**Sign In**

**Use a secure VA Partner**



Choose a secure VA Partner:  
[Register for a Sign-In Partner](#) or [Learn More](#)

	Sign in with DS Logon
	Sign in with ID.me
	Sign in with My HealthVet

If only signing into My HealthVet, click the last option.

However, if they frequently use other gov. platforms (ie: usajobs, small business admin), they may want to use Login.gov or another VA partner sign-in.

\*Will Need unique email address\*



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## 2 Popular Features

My HealthVet has 2 features that are popular and useful for our Veterans

- 1) Secure Messaging
- 2) Download Blue Button data

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## Secure Messaging

- A safe way to send personal information to your health care teams electronically
- System is encrypted
- Intended for **Non-Urgent** issues only
- Primary and Specialty Care uses at all sites
- Great way to communicate



**Messages**  
 Communicate securely online with your VA health care team and other VA staff about non-emergency information or questions.  
[Read More](#)

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## Health Records/Blue Button: Download My Data

- The Blue Button feature, allows you to access your electronic medical record.
- View Progress Notes and special reports like labs and imaging
- At this time, items scanned to CPRS are not available
- Option to view on screen, print or save
- At times, can be quicker than ROI



**Health Records**  
 View, print, or download a copy of your VA medical record information, or enter your own health information.  
[Read More](#)

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## Veteran's Health Education Center (VHEC)

- **Omaha VHEC: 402-995-4289**
  - Ambulatory Care Center (ACC), Rm. 1502 (Second Floor)
  - Includes three computers for Veteran use and printer access
  - Open Monday – Friday, 9 a.m. – 3 p.m.
- **Lincoln VHEC: 866-851-6052 x256920**
  - Next to main entrance, ground floor
  - Includes two computers for Veteran use and printer access
  - Manned Tuesday – Friday (9 a.m. – 2 p.m.)
  - Assists Vets with upgrading to premium or answering questions
    - During unmanned hours, computers are still available, but printer is not.

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## My HealtheVet Assistance

- Nebraska-Western Iowa Connected Health Team:
  - Brittany Dibanda: 402-995-4966
  - Mike Nickel: 402-208-8720
  - Laurie Galloway: 402-305-7571
- National HELP desk is available
  - Can assist with a variety of issues
  - **1-877-327-0022**
- Each VA facility nationwide has a Connected Health Coordinator and a VISN Point of Contact.



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