

## My Health eVet—VA's Online Personal Health Record

My Health eVet is VA's award-winning online Personal Health Record (PHR), located at [www.myhealth.va.gov](http://www.myhealth.va.gov). It offers users anywhere, anytime internet access to trusted and secure health care information, resources, and tools. My Health eVet is the gateway to web-based tools that empower Veterans to become active partners in their health care. With My Health eVet, users access trusted, secure, and informed VA health and benefits information at their convenience.

**Register Today!**

**Start Here** 

- 1 Type [www.myhealth.va.gov](http://www.myhealth.va.gov) in the address bar on your web browser, and press Enter. This takes you to VA's My Health eVet website.
- 2 On the right-hand side of the screen, click the [Register Today](#) button. Complete the registration page, and review and accept the Terms & Conditions and the Privacy Policy for using the My Health eVet website.
- 3 Log into your My Health eVet account and begin to create your PHR.
- 4 Begin using My Health eVet to access VA health care and services at your convenience to better manage your health. If you are a VA patient, take some time to watch the In-Person Authentication (IPA) video online.
- 5 Bookmark [www.myhealth.va.gov](http://www.myhealth.va.gov) as a favorite. If you are a VA patient, get an upgraded account during your next VA clinic visit to get the most out of your PHR.

# Wellness Reminders

VA Wellness Reminders provide patients customized, online health reminders. VA patients, who have completed the one-time In-Person Authentication (IPA) process, can also use this My Health eVet ([www.myhealth.va.gov](http://www.myhealth.va.gov)) feature to partner with their VA health care providers. VA Wellness Reminders follow current guidelines and recommendations for good care and also provide links to related patient education materials on My Health eVet.

To access all of the new My Health eVet features that will enhance your Personal Health Record, take a few minutes to complete In-Person Authentication called IPA at your local VA facility. IPA is required to get VA Wellness Reminders. With IPA, you get the most out of your My Health eVet Personal Health Record. Your information is safe-guarded according to VA privacy regulations, and you will receive new online My Health eVet features when they become available.



### VA Wellness Reminders include:

- ▶ Colorectal cancer screen
- ▶ Influenza (Flu)
- ▶ Pneumococcal (Pneumonia)
- ▶ Hypertension (High blood pressure)
- ▶ LDL control (Cholesterol)
- ▶ Lipid measure (Cholesterol)
- ▶ Body Mass Index

### For people with diabetes:

- ▶ Diabetes foot exam
- ▶ Diabetes hemoglobin A1c
- ▶ Diabetes retinal exam

### For women:

- ▶ Cervical cancer screen
- ▶ Mammogram screen

### What are the benefits of using My Health eVet Wellness Reminders?

- ▶ Alerts you to important tests, examinations, or other medical procedures to protect your health
- ▶ Helps you remember important health information
- ▶ Allows you to be more involved in your own health care

- ▶ Allows you to view your VA Wellness Reminders
- ▶ Provides detailed VA Wellness Reminder information
- ▶ Provides health information to help you understand your Wellness Reminders
- ▶ Allows you to share your Wellness Reminders with non-VA health care providers

### How VA Patients can access VA Wellness Reminders:

- ▶ Register as a My Health eVet user and complete the In-Person Authentication process
- ▶ Login to your My Health eVet account
- ▶ Click on the red "GET CARE" tab
- ▶ Click on the light blue "Wellness Reminders" tab

