



Anytime, Anywhere Internet Access to VA Health Care!

WHAT IS My HealthVet?

My HealthVet (MHV) is VA's award-winning online personal health record. It offers Veterans anywhere, anytime Internet access to VA health care. Launched nationwide in 2003, MHV is the gateway to Web-based tools that empower Veterans to become better partners in their health care. With MHV, America's Veterans access trusted, secure and informed health and benefits information at their convenience.

Features:

- VA prescription refills
- VA benefits and services
- Trusted health information
- Healthy living centers
- 24/7 access to VA information

WHY LOG ON TO MyHealthVet, www.myhealth.va.gov?

The mission of MHV is to improve health care for all Veterans by providing one-stop online access to better manage health, make informed health decisions and store important health and military history information.

Register at www.myhealth.va.gov and become an active partner in your health care.

Access Today:

- Your VA Electronic Health Record
- Personal health journals
- Vitals tracking and graphing
- Military health history
- Activity and food journals
- Wellness reminders
- Lab and appointments
- Secure messaging
- Patient education materials via the Veterans Health Library (VHL)

REGISTER FOR YOUR VA PERSONAL HEALTH RECORD

1. Type www.myhealth.va.gov in the address bar on your Web browser, then press *Enter*. This takes you to the VA's MHV website.
2. When there, click the *Register Today* button. Complete the Registration Page, review and accept the Terms and



Conditions and the Privacy Policy for using the MHV website.

3. Log into your MHV account and begin to create your personal health record.
4. Begin using MHV to better manage your health and access VA health care and services at your convenience.
5. Bookmark www.myhealth.va.gov as a favorite.

IN-PERSON AUTHENTICATION

To get the most out of your MHV Personal Health Record, visit your local VA facility to get an upgraded account known as In-Person Authentication (IPA). IPA will allow you to see the names of VA prescriptions, not just the numbers, find out about local VA events, and access new MHV features that will enhance your Personal Health Record.

REQUIREMENTS FOR IPA ACCESS:

- The user must be registered as a VA patient in their MHV account.
- The user must read and sign VA Form 10-5345a-MHV. The form may be downloaded from www4.va.gov/vaforms or picked up at the Release of Information office.
- For IPA in-person authentication, the user must present a government-issued photo identification to the medical clerk when checking in or out of a clinic appointment or the Release of Information office clerk.

HELPFUL RESOURCES

- www.myhealth.va.gov
- www.va.gov
- To find a VA facility near you, go to www.va.gov/directory/guide/allstate

SAFEGUARD YOUR PERSONAL INFORMATION

- Create a strong password, using eight characters or more and change your password every three months.
- Keep your password secret and never provide it in an email.
- Even if you are prompted, do not save your password online. Always log out of a website and close the website browser.
- If using a computer in a public setting, be very careful. Turn the screen away from the view of other people. Be sure to take any printed material with you.

TO CONTACT A MyHealthVet COORDINATOR

Local Call

(228) 523-HVET (4838)

Long Distance Call

(800) 296-8872, ext. 34838

