My healthevet
www.myhealth.va.gov

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

Improving 2-way Communication

My HealtheVet—VA's Online Personal Health Record

My HealtheVet is VA's award-winning online Personal Health Record (PHR), located at www.myhealth.va.gov. It offers users anywhere, any time internet access to health care information, resources, and tools. Launched nationwide in 2003, My HealtheVet is the gateway to web-based tools that empower Veterans to become active partners in their health care. With My HealtheVet, users access trusted, secure, and informed VA health and benefits information, at their convenience.

Register Today!
Start Here

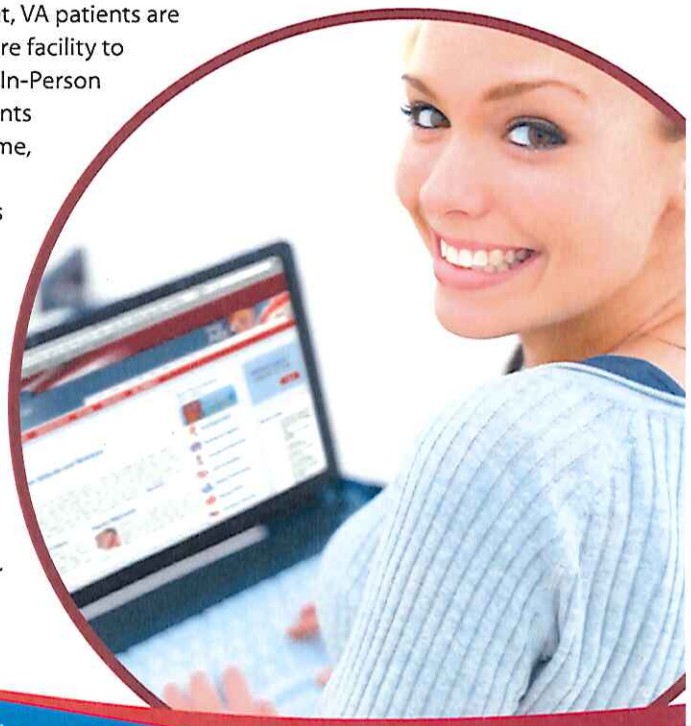
1. Type www.myhealth.va.gov in the address bar on your web browser, and then press Enter. This takes you to VA's My HealtheVet website.
2. On the right-hand side of the screen, click the Register Today button. Complete the registration page, and review and accept the Terms & Conditions and the Privacy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

Secure Messaging

Secure Messaging through My HealtheVet is a web-based message system that allows participating VA patients and VA health care teams to communicate non-urgent, health related information in a private and safe computer environment. Secure Messaging is not e-mail, but an *encrypted*, secure communication tool available through My HealtheVet. Participating users may access Secure Messaging 24 hours a day, 7 days a week on www.myhealth.va.gov. Secure Messaging is based on proven and widely accepted standards in the health care industry. Users who have an upgraded account known as an In-Person Authentication, or IPA, may use Secure Messaging at participating VA facilities. It is being implemented as a *phased release* for VA health care teams and clinics through 2010.

Benefits of Secure Messaging

- Promotes a partnership between the patient and their health care team
- Provides a safe, alternative communication means that is convenient and flexible
- Reduces the need for telephone calls and waiting on hold
- May decrease unscheduled clinic walk-in visits
- Provides a timely response

Upgrade Your Account Today

To get the most out of My HealtheVet, VA patients are urged to visit their local VA health care facility to get an upgraded account, known as In-Person Authentication (IPA). Before VA patients can refill their VA medications by name, access their VA Wellness Reminders, and participate in the future features of My HealtheVet, Veterans need to complete the IPA process (takes approximately 10 minutes) as a security measure. The purpose of the one-time IPA process is to verify the Veteran's identity, in-person. This complies with VA policy and protects Veterans' identities. It's a simple process that will enhance a Veteran's use of My HealtheVet and allow access to other features as they become available.