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## What's New in VA Caregiving?

### Taking advantage of My HealtheVet

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My HealtheVet is the VA's Personal Health Record. It is designed for Veterans, Service members, their Caregivers and others. As Caregivers, you are welcome to visit My HealtheVet to access trusted health information, and get facts about VA benefits and services. Access is easy and convenient — anywhere the internet is available. If you do not have internet service at home, public computers with internet access may be available at your local public library or the nearest VA medical center library may have them set up for patient use.



My HealtheVet is a great resource for health education with web pages on a wide range of topics. You can access the online medical libraries to learn about medical conditions, medical tests, medications and other useful medical information. If you simply want to look up health information, you do not need to register. However, to get the full range of services for My HealtheVet, you do need to register and create a basic user account. When you register on My HealtheVet, you gain access to tools that can help you track and monitor your health. As a registered user, you can build your own personal health record that you manage and control yourself.

Many may think My HealtheVet is for Veterans only. However, others, to include Caregivers, are certainly encouraged to establish their very own Personal Health Record. Caregivers, as well as those they care for; can set up their own personal My HealtheVet basic user account. Registering is free and easy to do by just following some simple steps.

VA patients can establish an advanced access beyond the basic user account. VA patients who have an advanced premium access allows them to view parts of their official VA medical record, Department of Defense (DoD) Military Service Information and participate in Secure Messaging with their VA health care team.



## “I am a Caregiver, what kinds of things can I do on My HealthVet?”

Your registered account gives you access to a vast set of information and tools that are only available to those who register. These tools can help you track your health measures such as your blood pressure, blood sugar, weight, and pain levels. You can also self-enter your:

- Health history
- Family’s health history
- Lab tests and results
- Allergies
- Medical events, like diseases and surgeries
- Emergency phone numbers
- Contact information for your healthcare team members
- ...and more!

Additionally, you can self-enter your prescribed and over-the-counter (OTC) medications. This includes vitamins, supplements and herbals. It is an excellent way to keep all your medical information in one, secure location. By registering on My HealthVet, you also have the opportunity to keep food and activity journals. All this is available to you 24/7! Registering is free and easy to do. Don’t wait.... register today at [www.myhealth.va.gov](http://www.myhealth.va.gov)!



## Care Tips: Who can I call if I have questions about My HealthVet or how to navigate it?

If you have questions when navigating My HealthVet you may select the “[Contact MHV](#)” link which you can submit your questions directly to the My HealthVet Help Desk.

You may also contact [1-877-327-0022](tel:1-877-327-0022) which is a toll-free number for direct assistance Monday-Friday 6 a.m. to 7p.m. (Central Time).

Additionally, there is a My HealthVet Coordinator at each VA Medical Center that you may contact for more information.

