

Your story is important and documented medical history in an electronic format.....

- enables you to enter information and recall it at the push of a button. Editing, changing or adding information can be done at any time.
- is easy to fill out and your documentation will explain where you were and what you experienced. You can print the information and give to your provider without having to remember everything at the time of your appointment.
- is a good way to help clinicians identify medical conditions.
- provides a tool to collect your military history.
- condenses military history information into an easy-to-digest printed summary
- maintains confidentiality and security of your medical information.
- provides a tool to record your experiences and concerns.
- eliminates paper.
- your health history may explain you current health problem.

Each individual who served our country in the military demonstrated an appreciation for the freedoms and values we share. Each has their own unique story and we hope this brochure provides each veteran an avenue for documenting, preserving and sharing their past.

**Department of Veterans Affairs
Veterans Health Administration**

**Office of Public Health and
Environmental Hazards (13)**
810 Vermont Ave., NW
Washington, DC 20420
(202) 273-8575

November 2005



IB 10-93 P96156



YOUR STORY

HOW

WOULD

YOU...

like to tell your military story? Keeping a permanent record of your military health history in a safe secure place will provide you easy access and may help your healthcare provider. The following information will tell you how.



This new program lets you give input into your own medical history. It's now available in an easy to use form to record your military history and individual health details.

The military history form can be used in your diagnosis and treatment processes, and it could inform your provider of the time and place you were exposed to toxic substances or diseases.

Documenting your military story will help enable your physicians to view you as a whole person rather than just a series of symptoms and diseases.

Our goal in the Department of Veterans Affairs is to provide better health care for you. Maintaining and improving health care is not an abstract notion. We believe that this will improve the care we can provide you, with better communication between patient and physician.

To Begin

Go to:
<http://www.myhealth.va.gov/>



[Register](#)

Log In To Account

To access more information, you must log in to your account.

User ID:

Password:

First time user?

[Register Now](#)

[Forgot User ID?](#)

[Forgot Password?](#)

[Once logged in – go to](#)

My Care

In "MyCare" –
[Go to Military Health History](#)

You are logged in
Self Entered Information

Personal Information
Medical Information
HealthLog

• **Military Health History**

[Write your story on line using the form that looks like this: \(you can include multiple stories by beginning this program again\)](#)

Indicates Required Information

Title: * (your name for this story)

Event Date:

Month:* Day: Year:*

Branch of Service:

Rank:

Location of Service:

Onboard Ship?

Military Occupational Specialty:

Assignments: (e.g. 3rd Armored Division, XYZ AFB)

Exposures and Military Service*(Please complete one or the other, or both)

Exposures you think you may have experienced:

(e.g. weapons, environmental pollutants, diseases, radiation, or any other incidents or agents)

Describe your military service:

(e.g. Were you required to fire your weapon in combat, did you see any casualties, did you help injured people, are there any other combat experiences to describe?)