



a veteran's view...

My Health Vet

What is My Health Vet?

Can you use the internet? Or would you like to learn? Then you can use My Health Vet.

My Health Vet is an Internet-based program that helps you work better with your health care providers and your family to achieve the best possible health.

It will allow you to:

- Get VA information and services online.

- Enter your own health information in a personal and secure section that you control.
- Record and track personal metrics such as blood pressure readings or blood sugar levels.
- Research consumer friendly health care educational information.
- View key portions of your VA health record.

Features of My Health Vet

Using the My Health Vet internet portal is by choice and as easy as viewing any other web site.

My Health Vet will allow you to:

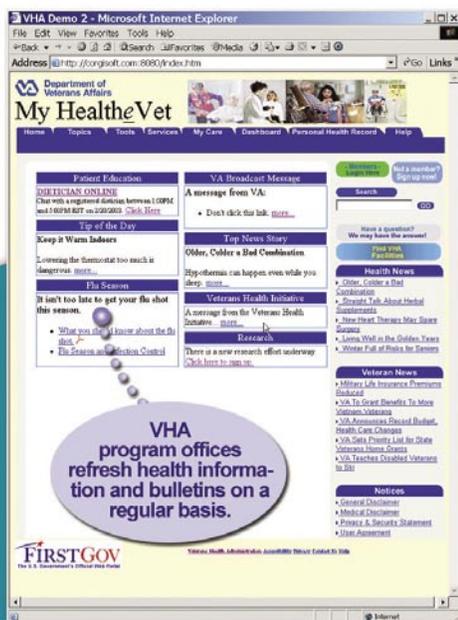
- Access a veterans' health library with medical conditions, medications, health news, and preventive health.
- View health information developed by VA specifically for veterans.

- Use tools such as a prescription checker, health calculators, and self assessment tools.
- Link easily to benefits and resources available in VA and other federal sources.

Future features will allow you to:

- Read copies of key parts of their VA medical record from any computer with internet access.
- Add information about your medications, allergies, tests, medical history, and visits to non-VA doctors to your personal section that you control.
- Keep track of your health status by entering your personal health metrics, such as blood pressure readings or blood sugar levels.
- Refill prescriptions online.
- View your next appointment date and time online.
- View your total co-payment balance online.
- Give access to all or some of your health information to others, such as VA doctors, other doctors, family, and veteran advocates.

My Health Vet



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

How can My HealthVet improve my health?

My HealthVet will give veterans like you quick access to your health information. You will be able to use My HealthVet to take a more active role in managing your health care.

With My HealthVet, you will be able to:

- Learn more about your health.
- Find ways to improve your health and prevent health problems.
- Read copies of key parts of your VA medical record from home and refresh your memory of the doctor's instructions.
- Keep all your health information in one place by entering it into your personally controlled account.

- Avoid extra visits to the doctor by giving your doctors access to see the daily metrics - such as blood pressure, blood sugar, weight, and pulse - that you have measured at home and recorded in My HealthVet.

- Avoid treatment delays if something is wrong. If the doctor sees anything worrisome in your self-entered metrics, he/she can ask you to come in without waiting until your next scheduled appointment.

- Improve your total care by sharing your record with all your doctors - both VA and non-VA.

- Let veteran advocates, such as veteran service officers (VSOs), see your record in order to assist you in the VA compensation and pension claims process.

Who has access to my personal My HealthVet account?

Privacy and security are important parts of My HealthVet. You will have complete control over who can view or update what you have stored in your account. Only the people to whom you grant access, (doctors, family, veteran advocates, etc.), will be able to look at what you have stored. You will be able to:

- Give full or limited access to your My HealthVet account to someone else.
- Share all or some of your information with any health care provider(s) within or outside the VA health care system.

Where can I see it?

After November 11, 2003, view the **new** web portal at:

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

Veterans will have one-stop-shopping for VA benefits, special programs, health information and services, as well as health assessment tools.

To see the electronic health record functionality, log in to the **pilot** as a demonstration patient:

<http://www.health-evet.va.gov/>

Username: demouserb

Password: password_\$1

Veterans are currently participating at 9 VA medical centers throughout the VA health care network.

When can I start using it?

My HealthVet

Veterans Day 2003 - National release of the new veteran health portal

Next releases will include:

- Online prescription refill
- Self-entered data and metrics such as blood pressure
- View appointments and total co-pay balance
- Electronic health record data



Veteran will be able to enter metrics (BP, Blood sugar) and track progress.

Veteran will be able to request key portions of VistA health record, store securely in encrypted eVault, & share with care providers.

Veteran will be able to grant access to family, providers, and advocates.

