



My HealtheVet

My HealtheVet, (MHV) a Veteran's Personal Health Record

My HealtheVet (MHV) is a secure Internet portal where a veteran can create his or her private personal health record (PHR). Veterans use their MHV account to play a more active role in their own health care by:

- Accessing trusted websites, provided through MHV, to learn more about health conditions and advice on staying healthy
- Keeping Personal Health Journals and Health e-Logs to track blood pressure, weight, exercise, and other health measurements and activities
- Refilling VA prescriptions
- Keeping track of important information such as emergency contacts, treatment providers, and locations
- Storing family medical histories
- Tracking illnesses, accidents, or other events
- Recording important events from military service
- Recording medications, allergies, immunizations, tests, and more

Soon, veterans will be able to view appointments and certain information from their VA medical record. Additionally, they may choose to allow family members, or non-VA healthcare providers, to see all or part of this information. In the future, they will be able to send secure messages to their doctors or other healthcare providers.

Nearly half a million people have already registered to use My HealtheVet. It helps them make more knowledgeable health care decisions, stay healthy and locate services they might need. To learn more about My HealtheVet and set up your own personal health record visit:

www.myhealth.va.gov

