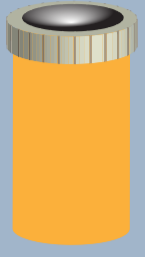


# The Cycle of Health Care: Take Charge with My HealtheVet

Before, during, after and in between: My HealtheVet can help you take charge of your health care through your visits with health care providers. The popular features of Secure Messaging and Prescription Refills are only two parts of My HealtheVet. It is also a collection of tools that allows you to take control of your health care. When you set goals, track your own health and keep your information current and share it with your providers, you'll be in the center of managing your own health. Learn about more of the tools inside of My HealtheVet and take charge!



Keep track of all your medications, blood pressure readings, weight, etc.



Discover your health age by taking the HealthLiving Assessment



Ask questions via Secure Messaging



Read your after-visit meeting records in VA Notes



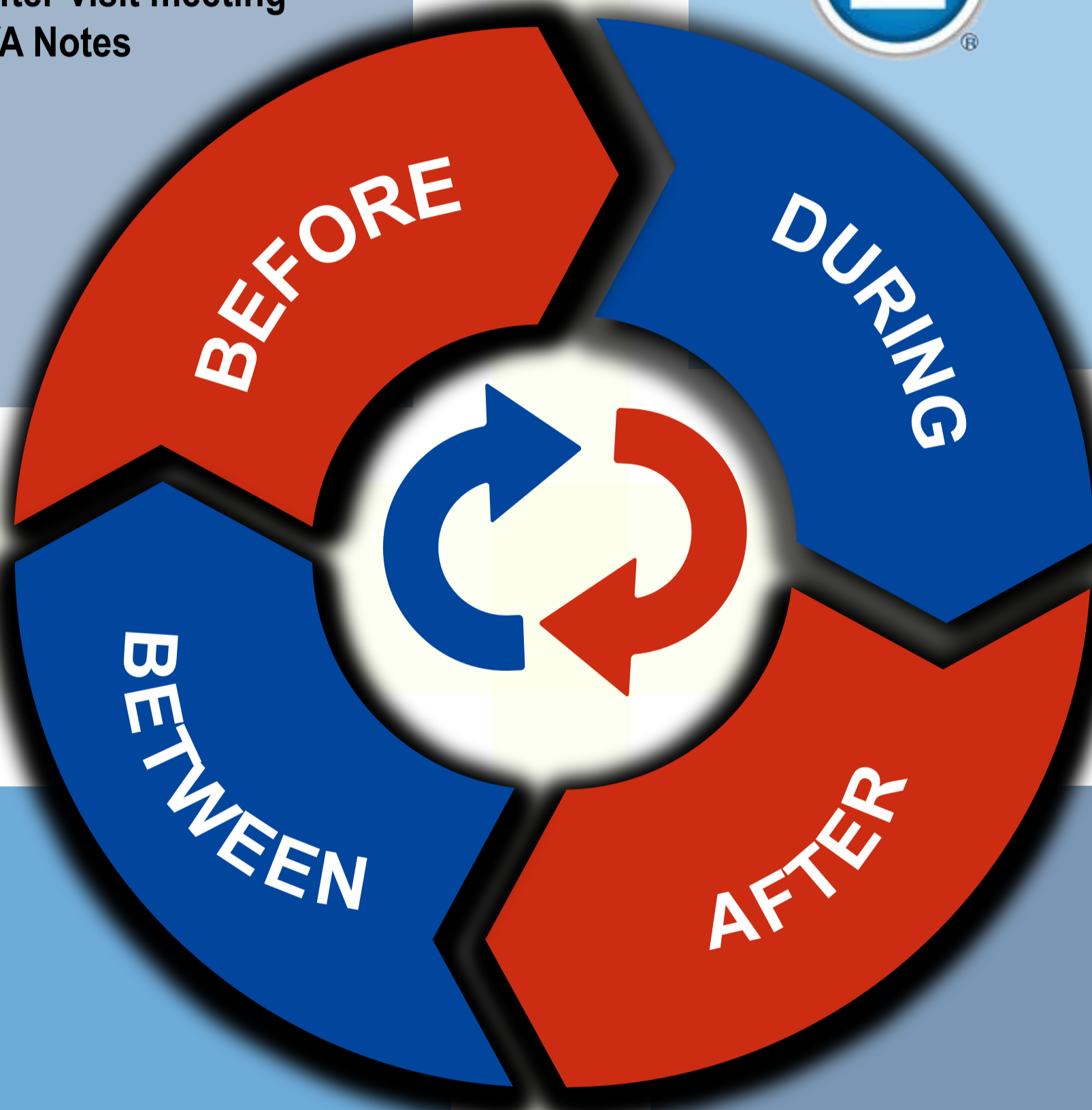
Make a list of questions for your health care team



Check that your Rx's are up-to-date



Review Your Blue Button Report



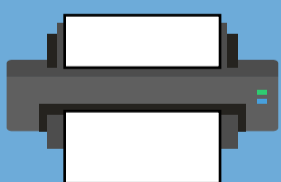
Refill your VA prescriptions online



Track delivery of your Rx's



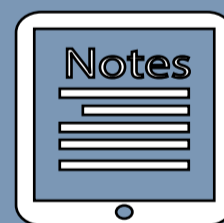
Use Secure Messaging to stay in touch with your health care team



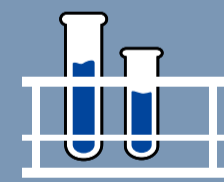
Print your VA Health Summary to share with other providers



Update your Personal Health Record



Review your VA Notes



Check the results of your Labs and Tests



Customize your Blue Button report



Read up on your medical topic in the Veterans Health Library



Print your VA Appointments list

The My HealtheVet portal ([www.myhealth.va.gov](http://www.myhealth.va.gov)) is a suite of tools that enables Veterans to create a free web-based Personal Health Record (PHR), access health education resources, and refill VA prescriptions. All VA patients are eligible to complete a one-time process of identity authentication to obtain an upgraded or Premium My HealtheVet account. VA patients with a Premium account can access data from the VA electronic health record (EHR) and communicate electronically with their health care team using secure messaging. They can also refill prescriptions, track prescription deliveries, and view upcoming VA appointments.

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