

How to upgrade your My HealthVet account through In-Person Authentication

As a VA patient, an upgraded account gives you access to your self-entered data plus available information from your official VA Electronic Health Record. You can upgrade your My HealthVet account through In-Person Authentication (IPA).

- 1 Be sure you are registered as a **VA Patient**.
- 2 After you login on the My HealthVet homepage, select **In-Person Authentication** under **Quick Links**.
- 3 Scroll down to the **My HealthVet Video** and select the link to watch **"It's Quick, Easy and It's for You!"**
- 4 Next, on the **In-Person Authentication** page, select the link to the **VA Release Form for In-Person Authentication**.
- 5 Print out **VA Form 10-5345a-MHV**, complete the information, sign it and bring it to your local VA health care facility. A VA staff member will help you complete your one-time, in-person proofing process to receive your IPA upgraded account.

DETACH AND SAVE AS A REFERENCE



Why is Military Health History important?

The information you enter into the Military Health History section of your My HealthVet account can be viewed, printed, downloaded or saved using the VA Blue Button. You can also share this portable information with your health care team, caregivers or others. Knowing the history of your exposures, injuries, illnesses and other health issues may give your health care providers a more complete picture of your health history.

Entering your military health information may also help with communication. Sharing your information helps you to *partner* with your health care team to improve your health. You may *feel more involved* when you share your health information with members of your health care team. Your health care team may be able to give you *safer care* if they know all about your present health conditions as well as your health history.

Important features



Download My Data

Use the VA Blue Button to download, store or print the information in your My HealthVet account.



VA Prescription Refills

Order your VA prescription refills online.



Secure Messaging*

Communicate non-emergency health-related information with your participating health care team through Secure Messaging.



VA Appointments*

View your scheduled VA Appointments and your appointment history for the past two years.



VA Wellness Reminders*

View your VA Wellness Reminders.



Vitals

Use My HealthVet to monitor and graph your health statistics, such as blood pressure and blood sugar.



Medical Libraries*

Access to extensive online medical libraries.

*IPA required



www.myhealth.va.gov

Your Military Health History Online through My HealthVet

Easy to use

Easy to view

Easy to print

Easy to download and save with the VA Blue Button on My HealthVet





What is your Military Health History?

Your Military Health History is a self-entered record of all the health care events you experienced while in active duty service and afterward. It is a part of the My HealthVet website where you create your own Personal Health Record.

It is safe, secure and there for you to update at any time. Once you enter your military health history, you can use the VA Blue Button on the website to view, print or download the information to your computer, a compact disc (CD) or thumb drive. Then you can share it with your health care team, family members or trusted caregivers.

How do you enter Military Health History information?

Go to www.myhealth.va.gov and you will see on the upper right **Enter Here** and **Register Today! Start Here**. If you are not a registered My HealthVet user, select **Start Here** and complete all the information on the registration page. If you are registered, select **Enter Here** and log on to My HealthVet using your *User ID* and *Password*.

On the My HealthVet homepage, select "Military Health History" in the center column. Next, on the "View Medical Health History Information" page, go to the bottom right and select **Add New**. This will bring you to a screen where you can enter all your information relating to any exposures, injuries or other health events that occurred during your term of service.

What information can you include in Military Health History?

Information you can enter:

- Title* (of your health issue)
- Event Date*
- 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
 - Describe your military service

* Indicates Required Information

How to register with My HealthVet, VA's Personal Health Record:

- 1 Type www.myhealth.va.gov in the address bar on your web browser, and then select **Enter**.
- 2 When the My HealthVet homepage opens, go to the green box in the right-hand column and select **Register Today! Start Here**.
- 3 When the registration page opens, complete all the information, and review and accept the **Terms & Conditions** and the **Privacy Policy** for using the My HealthVet website. Then select the **Save** button at the bottom of the page.
- 4 After you have registered, go to www.myhealth.va.gov again. Then select the **Go to My HealthVet Enter Here** button at the top right corner of the page.
- 5 When the My HealthVet homepage opens, enter your *User ID* and *Password* in the **Member Login** box found in the right-hand column, and select **Login**. Bookmark www.myhealth.va.gov for future use.

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