Veterans Health Administration

How do I access My HealtheVet *Wellness Reminders*?

To view ***Wellness Reminders***, you must be a registered My Health***e***Vet user and have completed the In-Person Authentication (IPA) process, a simple process to ensure you get the most benefit from My Health***e***Vet.

IPA requires you to provide valid, government issued photo identification (veteran identification card, driver's license or other government issued photo identification) to an authorized VA staff member and sign a release of information form. You are also required to watch a brief video that can be viewed online.

IPA may be done at any VA Medical Center and many Community Based Outpatient Clinics (CBOCs).

For more information on IPA, visit Quick Links from the My Health***e***Vet website at **www.myhealth.va.gov**.

What is My HealtheVet Personal Health Record?

My Health***e***Vet Personal Health Record (PHR) is a secure website where patients can create his/her private Personal Health Record. Using My Health***e***Vet PHR, patients can actively:

- Track personal information (name, address, emergency contacts)
- Track health measures and maintain health journals
- Learn more about health conditions
- Request VA prescription refills
- Keep a record of all medications including supplements

www.myhealth.va.gov

Veterans and Consumers Health Informatics Office
Wellness Reminders Patient Information Brochure
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My Health*e*Vet

www.myhealth.va.gov
Wellness Reminders

VA's Award-Winning
Personal Health Record

What are My HealtheVet *Wellness Reminders*?

Wellness Reminders is an online feature of the My Health***e***Vet Personal Health Record where you can view your VA ***Wellness Reminders***.

You will be able to view the following types of health ***Wellness Reminders*** from your VA treatment facility(s) if they apply to you:

- Colorectal cancer screen
- Influenza (Flu)
- Pneumococcal (Pneumonia)
- Hypertension (High blood pressure)
- LDL control (Cholesterol)
- Lipid measure (Cholesterol)
- Body Mass Index

For people with diabetes:

- Diabetes foot exam
- Diabetes hemoglobin A1c
- Diabetes retinal exam

For women:

- Cervical cancer screen
- Mammogram screen

www.myhealth.va.gov

What are the benefits of using My HealtheVet *Wellness Reminders*?

- Alerts you to important tests, examinations or other medical procedures that you should schedule to protect your health
- Helps you remember important health information
- Allows you to be more involved in your own healthcare
- Allows you to view your VA health ***Wellness Reminders***
- Provides you with detailed ***Wellness Reminder*** information
- Provides health information to help you understand your ***Wellness Reminders***
- Allows you to share your ***Wellness Reminders*** with non-VA healthcare providers

Wellness Reminders **is an online feature of the My HealtheVet Personal Health Record where you can view your VA *Wellness Reminders*.**

My healthevet
www.myhealth.va.gov

Can I change the way I view *Wellness Reminders*?

Yes, you may change the way you view ***Wellness Reminders*** by selecting your preferred facility(s) from which ***Wellness Reminders*** are displayed. The first time you log on, the default setting is that all your VA locations are selected. You can make a change to the selection and unselect VA facilities of your choice. You must select at least one VA location to receive ***Wellness Reminders***.

Do I have to complete a *Wellness Reminder* at the facility specified on the list?

No, you can complete a ***Wellness Reminder*** at any preferred VA facility or non-VA healthcare provider. If you do complete a ***Wellness Reminder*** at another VA facility or at a non-VA facility, let your VA provider know.

What should I do if I have any questions about my *Wellness Reminders*?

Contact your VA healthcare team if you have any questions related to your care or the status of your ***Wellness Reminders***.