



# My HealthVet Quick Guide

## healtheliving assessment



The **healtheliving assessment** is a health risk assessment. Questions are asked about your health history and habits. For example, there are questions about your diet, exercising, smoking, past health, and family medical history. After you submit your answers, you receive personalized reports. The reports include your health age, current health status, risks of major diseases and suggestions for making healthy changes.

The **healtheliving assessment** is the first step to a healthier lifestyle. When you take the **healtheliving assessment** you are able to:

- Get a personalized health report that tells you about your current health status
- View your risks of developing major diseases in the future
- Learn more about your Health Age
- View suggestions for changes to improve your health now and in the future
- Select health recommendations and view the impact on your health if you make these changes
- Save and print your Summary and/or Full Reports to discuss with your provider at your next appointment

The **healtheliving assessment** is easy and free. You answer questions online about your health, and it takes about 20 minutes. If you need to stop before you complete the questions, you can save your answers and finish the assessment later.

After you submit your answers, you will receive a personalized Summary Report and a more detailed Full Report. Only you will be able to view this information. If you choose, you may print a copy of your reports. During your next appointment, take your printed copy of your reports to share with your health care team.

Your responses and your reports are protected and completely confidential unless you choose to share it with your provider or others. In addition, your assessment will not affect your VA benefits.

### Getting Started...

Anyone who is registered on My HealthVet can take the **healtheliving assessment**. You do not need to be a Veteran or receive care at a VA facility. If you do not have a My HealthVet account, take the time and [register](#) today!

Log into your My HealthVet account. On the home page you may access the **healtheliving assessment** two ways — you may:

1. Select the **healtheliving assessment** icon,



2. Or, select the red **Track Health** tab at the top of the page. This will take you to the Track Health landing page. There, you may:

- Select the **HEALTHELIVING ASSESSMENT** tab located on the top navigation bar, or
- Select the **healtheliving assessment** image, or
- Under the **healtheliving assessment** image, select the word **More>>**

To learn more, visit [Frequently Asked Questions](#). This page has questions and answers that may help you understand more about this feature.