



My Health eVet Quick Guide

VA Demographics



You can download your **VA Demographics** by using the **VA Blue Button** in your **My Health eVet** Personal Health Record (www.myhealth.va.gov). **VA Demographics** lets you see what is in your VA health record. This information may include:

Name	Social Security Number	Gender
Date of birth	Religion	Marital status
Home address	Home phone number	Race
Ethnicity	Next of Kin	Eligibility
Employment	Insurance	VA Guardian
Civil Guardian	Enrollment Group	

Keeping your information current in your official VA health record lets the VA contact you. The correct Next of Kin information may be needed in case of an emergency.

To access your **VA Demographics** in My Health eVet you must:

- Be a Veteran enrolled at a VA health care facility
- Be registered as a **VA Patient** in My Health eVet
- Have a My Health eVet [Premium*](#) account

**To get a My Health eVet Premium account, you will need to go through authentication. This is a process by which VA verifies a Veterans' identity before allowing access to their VA health record. To learn more, go to: [Upgrading your My Health eVet account through In-Person or Online Authentication](#).*

If you find something missing in your VA health record you should talk to your VA health care team. If you think something is not accurate, contact the Release of Information Office at your local VA Medical Center.

Use the **VA Blue Button** to view, print or download your **VA Demographics** reports.

- Log into your My Health eVet account
- Select **Download My Data**
- Select **Download only my selected data from My Health eVet**
- Select **Continue**

On the **Types of Information** page:

- Choose **Select one or more types of information**
- Select **VA Demographics**
- Select **Submit**

You can now select to **Download** or **View/Print** your information.

Visit the **VA Demographics** [Frequently Asked Questions](#). This site has questions and answers that may help you understand more about the feature.