My Health*e*Vet Quick Guide
Register: Getting Started with My Health*e*Vet

My Health*e*Vet is an online Personal Health Record that empowers Veterans to become informed partners in their health care. You are welcome to visit My Health*e*Vet to access trusted and secure health information, and get facts about VA benefits and services. Access is easy and convenient anywhere the Internet is available.

To use My Health*e*Vet, you do not have to enter any personal information or register. However, there are several benefits to registering:

- Registering is free and easy to do.

- You manage your profile, including your password and personal details.

- Your registered account gives you access to a vast set of information and tools that are only available to those who register. These tools can help you track your health measures such as your blood pressure, blood sugar, weight, pain and so on.

- You can keep personal health journals.

- You can self enter your over-the-counter medications. This includes your vitamins, supplements and herbals. You can also self-enter medications prescribed from non-VA providers.

- If you get your medications through the VA, you can refill your prescriptions online.

Next Step:
If you are a Veteran and get your health care at a VA facility - the next step is to upgrade* your My Health*e*Vet account. With an upgraded account, you can view:

- Parts of your official VA health record as it becomes available
- Your **DoD Military Service Information**

* To learn more about how you can get an upgraded account, check out the Quick Guide:
AUTHENTICATION:
Getting an Upgraded My Health*e*Vet Account

REGISTER: Getting Started with My HealtheVet

1. Go to www.myhealth.va.gov
2. There are two ways to access the Registration page:
   - Select the green **Register Today Start Here** button, on the landing page, or
   - Select the red **REGISTER** button in the Member Login box on the right side of the screen, when you enter My Health*e*Vet
3. Complete the Registration Form:

> **Important**: Do not skip over a field with a red asterisk* or My Health*e*Vet will not be able to complete your registration

- *Identification* – enter your full name, social security number, gender and date of birth exactly as it appears in your VA record
- *Relationship to the VA* – if you get care at a VA facility, you must select **VA Patient** in order for My Health*e*Vet to map your account with your VA health record
- *Contact Information* – select a preferred method of contact and provide the related information, for example: email address, phone/fax/pager number
- *Account Information*
  – Create a **User ID** that is unique and contains no spaces; it must be 6-12 characters
  – Create a **Password** that is unique, contains no spaces; must be 8-12 characters and have at least one letter and one number and one special character (such as !, #, %)
- *Terms & Conditions and Privacy Policy* – select the Terms & Conditions and Privacy Policy links, read and then **Accept**

4. Select the red **SAVE** button at the bottom of the Registration form

Congratulations!
You can now go to the My Health*e*Vet homepage and login using your User ID and Password.

Register Today…It's Free, It's Easy and It's for You!