Welcome Home
OEF/OIF Veterans

My Health, My Care: 24/7 Access to VA

Veterans Health Administration
Moving from military to civilian life can be challenging. The My Health eVet Separation from Active Duty Center offers information to help the new Veteran adjust to changes. Included is a section which provides specific information for the caregiver, and tips on how family and friends can provide support to returning Service Members. My Health eVet and the Separation from Active Duty Center encourage healthy living by teaching Veterans to adopt healthier behaviors that can last a lifetime!

What is My Health eVet?
My Health eVet is VA’s award-winning online Personal Health Record. It offers Veterans anywhere, any time Internet access to VA health care. Launched nationwide in 2003, My Health eVet is the gateway to web-based tools that empower Veterans to become better partners in their health care. With My Health eVet, found at www.myhealth.va.gov, America’s Veterans and their caregivers access trusted, secure, and informed health and benefits information, at their convenience.

Empowering Caregivers
Improving Health Outcomes
24/7 Access to VA Information

Key Features to Trusted Health Information at www.myhealth.va.gov
Medline Plus® and Healthwise®
Healthy Living Centers
★ Separation from Active Duty Center
★ Physical Activity Center
Information Services Related Conditions
Mental Health Learning Tools
Online Screening Tools
Diseases + Condition Centers
Self-Entered Personal Health Journals
★ Military Health History
★ Family Health History
VA Benefits & Services

How to find the My Health eVet Separation from Active Duty Center
Log on to > www.myhealth.va.gov
Click on > RESEARCH HEALTH
Click on > HEALTHY LIVING CENTERS
Click on > SEPARATION FROM ACTIVE DUTY CENTER

Log on to www.myhealth.va.gov today to find out more about:
Caregiver Assistance Information
Get Ready—VA Benefits
Support and Encouragement
Mental Health
Post Traumatic Stress Disorder (PTSD)—interactive learning exercises for Managing Your Stress, Managing Your Triggers, and Success at Work
Screening Tools and Information
★ Alcohol Use
★ Depression
★ Substance Abuse

Healthy Living Centers
★ Separation from Active Duty
★ Healthy Eating
★ Healthy Sleep Center

Health History
★ Personal Health History
★ Family Health History
★ Military Health History

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK
www.suicidepreventionlifeline.org
Register for Your VA Personal Health Record

1. Type www.myhealth.va.gov in the address bar on your web browser, and then press Enter. This takes you to VA’s My HealtheVet website.

2. On the right-hand side of the screen, click the Register Today button. Complete the registration page, and review and accept the Terms & Conditions and the Privacy Policy for using the My HealtheVet website.

3. Log into your My HealtheVet account and begin to create your Personal Health Record.

4. Begin using My HealtheVet to better manage your health and access VA health care and services at your convenience.


Links on the Homepage

- **In Case of Emergency**
  A convenient electronic log where you can record your emergency contacts.

- **VA Prescription Refills**
  Just a few keystrokes and your medication is on its way to your doorstep.

- **Medical Libraries**
  Access two extensive online medical libraries: MedlinePlus® and Healthwise®.

- **Physicians & Providers**
  Keep track of all your health care providers in one convenient location.

- **Vitals**
  Monitor and graph numerous health statistics online, such as blood pressure and blood sugar.

- **Military Health History**
  Keep track of all your military health information.

- **VA Honors**
  Read about VA news and features on Veterans.

To get the most out of your My HealtheVet Personal Health Record, visit your local VA facility to get an upgraded account, known as In-Person Authentication (IPA).

**Is an Upgraded Account, or In-Person Authentication, for me?**
Yes, if you want to see the names of VA prescriptions, not just the numbers; get Wellness Reminders; and be the first to access all new My HealtheVet features that will enhance your Personal Health Record. Ask about IPA at your local VA facility.