



My Health eVet Quick Guide

VA Vitals and Readings



Information in your **VA Vitals and Readings** may include your vital signs and certain health measures (or readings) that come from your official VA health record. Vital signs are taken during an appointment, a procedure, or when you are a patient in the hospital. This is done to assess your basic body functions. This information can be used to make informed decisions about your health.

My Health eVet also has a section called [Track Health](#) where you can *self-enter* your own **Vitals + Readings**. This is information that you update and maintain in your My Health eVet account. Having your **Self Reported Vitals and Readings** and your **VA Vitals and Readings** on hand in My Health eVet (www.myhealth.va.gov) can be useful. It gives you easy access to information about your health on demand.

To access your **VA Vitals and Readings** 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 Premium account, you will need to go through authentication. VA verifies a Veterans' identity by this process. This is done before allowing access to your VA health record.*

Visit [Upgrading your My Health eVet account through In-Person or Online Authentication](#).

Use **VA Blue Button** to share results of your **VA Vitals and Readings** report with your caregivers, non-VA health care providers and others you trust. This may help them better understand your health concerns.

If you have questions, you can use **Secure Messaging** to send a message to your VA health care team. Use it to ask about test results or ways you may be able to improve your health. In addition, you may also use it to set up a VA appointment or address other non-emergent issues.

Sharing your information with your caregiver or health care team may help them better understand your health concerns.

Use the **VA Blue Button** to view, print or download your **VA Vitals and Readings**.

- Log into your My Health eVet account
- Select **Download My Data**
- Select **Continue**

You can now select the **Types of Information**

- Choose **Select one or more types of information**
- Select **VA Vitals and Readings**
- Select **Submit**

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

Visit the **VA Vitals and Readings** [Frequently Asked Questions](#). This site has questions and answers that may help you understand more about the feature and how it can help you monitor your health.