

Virtual Tour Transcript

1. Welcome to My HealtheVet

Welcome to an all new My HealtheVet! My HealtheVet, VHA's eHealth portal, provides you access to trusted health information, links to Federal and VA benefits and resources, the Personal Health Journal, and online VA prescription refill.

At any time, you may navigate to a different section of this tour by clicking the "Menu" tab at the top-right of the screen. From this menu, you can select one of the available chapters. Otherwise, sit back and relax while we give you a tour of the newest features available on My HealtheVet. The tour will begin momentarily...

2. Brief Overview ("Home")

Memorial Day 2006 marks a major milestone in My HealtheVet development. The site has a whole new look and feel. We've reorganized the site to make it easier for you to use. And we've also added a number of new features to your Personal Health Record.

After a year of research, we've developed a whole new organizational scheme to make it easier to manage your health online. Because the My Care section continues to grow beyond its margins, we've divided it up to make it easier to get around in My HealtheVet. We moved your Personal Health records into three new sections. You can access these new sections through MyHealtheVet's main menu. Your health statistics such as Blood Pressure and Cholesterol will now be in a section called Track Health. Personal information such as your Registration profile and Emergency Contacts will be in the Personal Information section. And Care related health records such as Treatment Locations and Health Care Providers will be in a new section called Get Care.

Graphing has now been added to the health statistics of your Personal Health Journal. See graphs of you blood pressure, blood sugar, body weight records and more!

3. Registering with My HealtheVet

There are a number of benefits on My HealtheVet that you must be logged in to access. You can register on MyHealtheVet by clicking on the Register button located in the right-hand Member Login box of every page. So register today to get started. Registration is only a couple quick steps that will only take a few minutes.

4. “Personal Information”

My HealtheVet has made it easy to keep track of your Personal Information. Part of your personal online health journal is your identification. When you registered for My HealtheVet, you entered important information about yourself. In the left-hand menu of Personal Information, you'll find In Case of Emergency, Profiles and Account, along with other important facts, your login information, blood type and emergency contacts.

5. “Pharmacy”

Since its introduction in August 2005, Rx Refill continues to be the most popular feature of My HealtheVet. Refill Prescriptions, Prescriptions History, and your Medications health log can be found here in the Pharmacy section. Medications health log provides a convenient place to record other health supplements and non-VA medications you may be taking. You can also record your low-dose aspirin or daily vitamin supplement here.

Refill Prescriptions

Refill your VA prescriptions online with this valuable tool. Just a few keystrokes and your medication is on its way to your doorstep.

6. “Track Health”

The “Track Health” section allows you to record and track your health information in one convenient location. Record your allergies and immunizations for reference in Health History. Record and monitor your blood pressure, body weight and more in the Vitals & Readings section. Even see a graph of your progress. You can also journal your exercise routine and food intake in the Journals section. Using the Health History logs, you could print out your entire record in a handy doctor's sheet, located in Personal Health Summary under Health History. My HealtheVet has provided dozens of way to manage your health care. Start tracking your health today!

7. “Research Health”

The Research Health section of My HealtheVet is where you can get health information, research a topic, and simply learn more about your health. You can read about common conditions and VA health programs under Diseases & Conditions. Get answers to your health questions from two vast medical resources through the Medical Library. My HealtheVet makes it easy for you to stay informed by bringing a wealth of information right to your fingertips.

8. “Get Care”

Get Care is a convenient location to keep track of your care givers, your treatment facilities, and your health insurance information (located under My Coverage). Here you can also find the nearest VA medical center using the VA Facility Locator. My HealtheVet makes it easy to get organized with your health information and get in touch with your medical providers. Get started today!

9. “MHV Community” and “Help”

MHV Community

My HealtheVet Community is where you can find all kinds of information about your veteran community. There are links to news and events, information on volunteering and VA benefits, and a special veteran tribute. You can access the MHV Community at any point by selecting the “MHV Community” tab in the main menu.

Help

Getting help on My HealtheVet has never been easier. You can access online help for any section of MHV from the Help link. Browse an indexed list of topics that will help you use and get the most out of My HealtheVet. Frequently Asked Questions are also available to help you with the site. There is a link to the Help section on the top of every page of My HealtheVet. Enhanced online help features are just one more way to enrich your experience with the My HealtheVet site.

10. Conclusion

Thank you for taking the time to view this Virtual Tour of the new and exciting features we’ve added to My HealtheVet. It’s just one of the many ways that we at the VA are striving to continuously improve how we deliver healthcare services to you and your family, and it is designed especially for you, our veterans. My HealtheVet, a powerful tool to help you manage your healthcare needs.