VA Allergies & Adverse Reactions

User Guide

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Where to Find Help

Frequently Asked Questions, Help and Contact MHV

1. Select **FAQ** to go to **Frequently Asked Questions** and get commonly asked questions and answers about Secure Messaging.

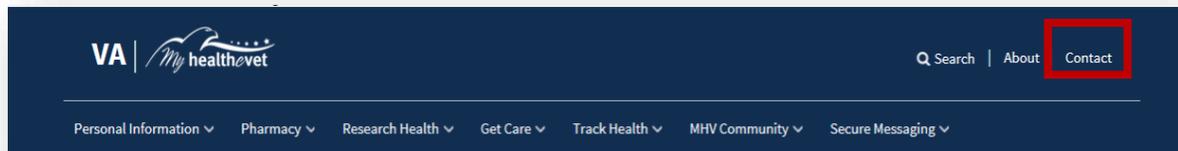2. Select **Help & User Guides** for general guidance on using My HealtheVet and User Guides for My HealtheVet features.
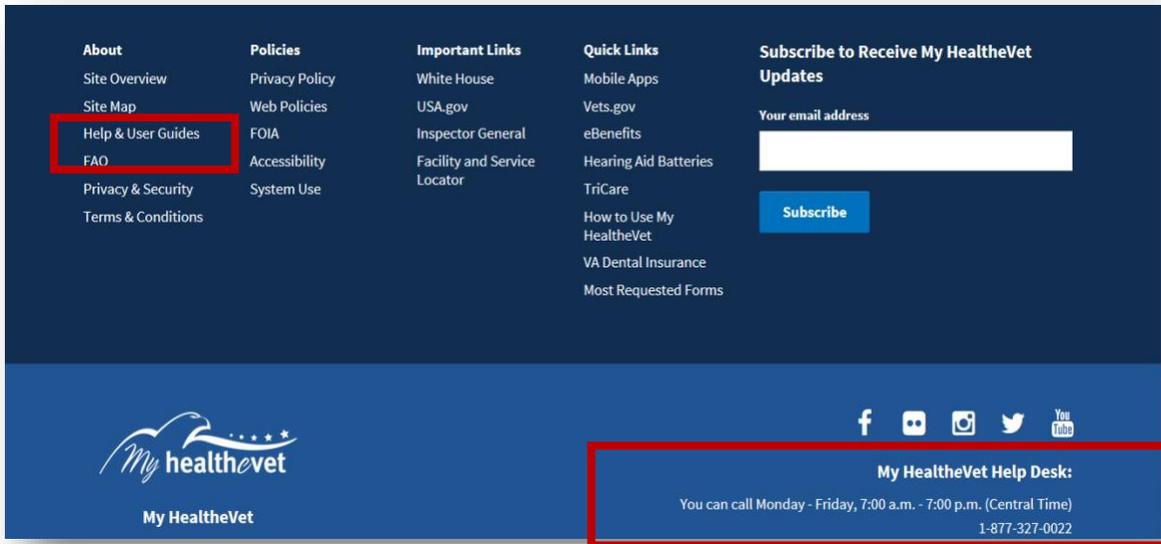
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3. Select **Contact** to send a message to the My HealtheVet Help Desk or contact them a 1-877-327-0022 (TTY dial 711).

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VA Allergies & Adverse Reactions – Feature Overview

VA Allergies is a My HealtheVet feature that helps you manage your allergies and adverse reactions. Access to this feature is based on your My HealtheVet account type. There are three account types available: Basic, Advanced and Premium. For more information about these accounts, go to My HealtheVet Account Types. My HealtheVet users with a Basic account, can self-enter their allergies and adverse reactions. My HealtheVet users registered as a **VA Patient** with an Advanced and a Premium account can also view their allergies and adverse reactions listed in their VA medical record. You cannot add a new allergy to your VA Allergies and Adverse Reactions from your VA medical record. If you have an allergy and adverse reaction that is not listed, tell your VA health care team.

If you have already registered for a My HealtheVet account and need to check that you have registered as a VA Patient, you can do the following:

- o Log in to My HealtheVet
- o Select the **PERSONAL INFORMATION** tab
- o Select the **My Profile** sub-tab
- o Under **What is Your Relationship to VA**, if you use the VA Health Care System, make sure you select the **VA Patient** checkbox
  - ▪ If **VA Patient** is not checked and you use the VA Health Care System, select this box
  - ▪ This will put a checkmark in the box
- o Select the **Save** button at the bottom of the screen

The VA Blue Button is a way to download or print your VA allergies and adverse reactions. You can also use Secure Messaging to send a message to your participating health care team. You can alert them to new allergies and how you reacted.

Having a copy of your health information may help you better manage your health care. You can share this information with your VA health care team. If you visit a non-VA health care provider, the VA Blue Button makes it easy to share with them, too. VA Blue Button helps you become a partner with members of your health care team.

You can also download your allergies and adverse reaction data to a computer or other device (such as a CD, thumb drive, or mobile device). This lets you take your personal health information with you. You can choose to share this with your VA health care team, caregivers, or non-VA provider.

You can get your VA Blue Button information in two file formats. You can download it in a format that is easy to read and print (.pdf file) or a simple text format (.txt file).

Please be aware: Anytime you open/download a .pdf file, you create a temporary file on the computer you are using. There is a risk of exposing your information when you download a .pdf file, especially on public or shared computers. Learn more about protecting your personal health information.

NOTE: *You are the only one who can access your health information in My HealtheVet. You choose with whom to share your information. If you want someone else to have access to your health information, you must give it to that person.*

You are responsible for protecting your personal health information when you print or download it. It is important to protect your information. Protect this information the same way you would protect your banking or credit card information. Do not leave your printed information in a printer. Do not save your downloaded information to a public computer. When using a public computer, save your health information to a CD or a thumb drive. Remember to take the CD or thumb drive with you when you finish.

Getting Started with VA Allergies & Adverse Reactions Feature

Step 1 – Log in to My HealtheVet

Log in to your My HealtheVet account by selecting the **Login** button on the right side of the screen to access VA Appointments. You must have already registered as a user. If you do not have a My HealtheVet account, register by selecting the **Register** button on the right side of the screen and complete the registration form. Click on the login link in the Congratulations box to log in to your account.
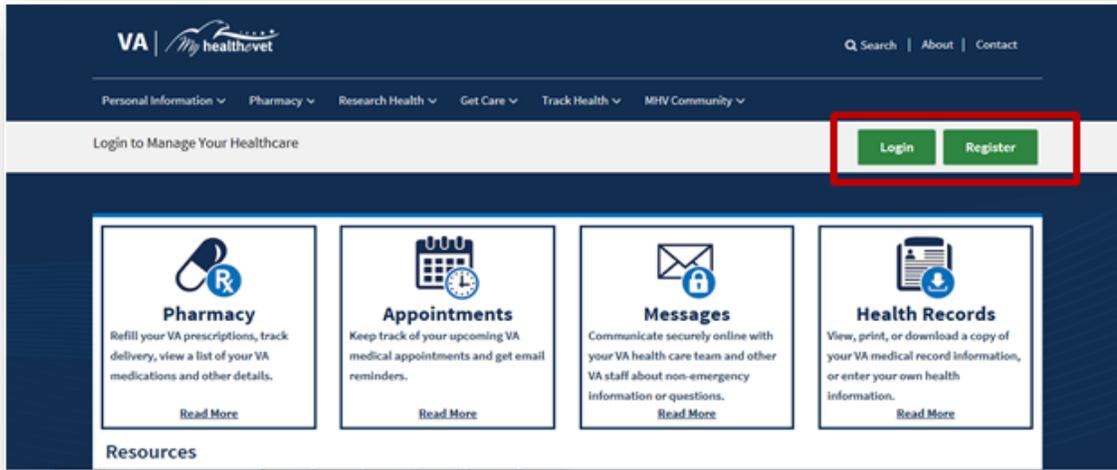
Step 2 – Access VA Allergies and Adverse Reactions Feature

After logging in to your My HealtheVet account, select **Track Health** then **Health History:**

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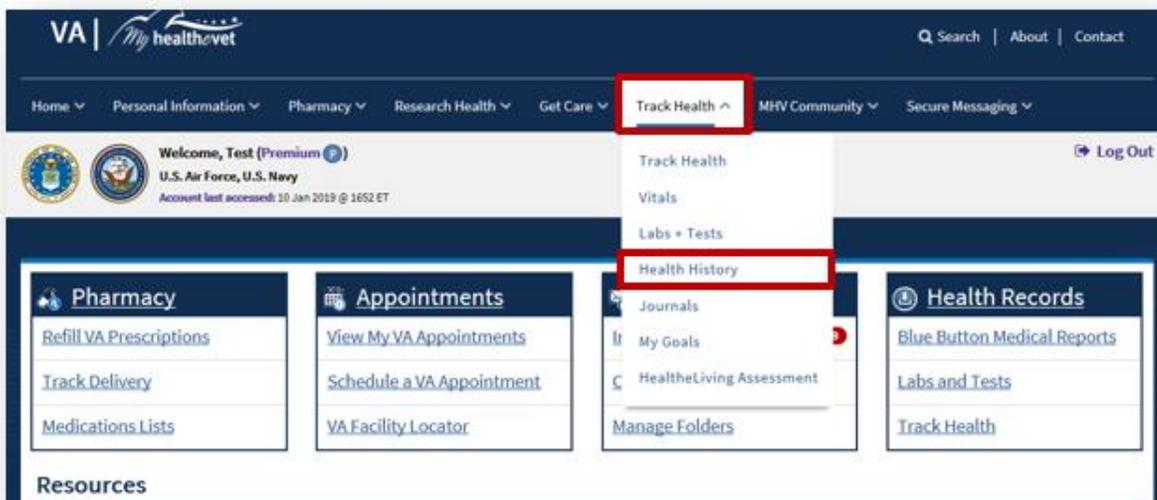
Step 3 – Access VA Allergies and Adverse Reactions/Self-Entered Allergies Logs

On the Health History page, a log(s) displays: **Self-Entered Allergies** and **VA Allergies & Adverse Reactions** (if you are registered as a VA Patient). The logs(s) display your five most recent entries.

1) On the **VA Allergies & Adverse Reactions** log, select **View More>** to view all entries
2) On the **Self-Entered Allergies** log, select **Add New** to add new entries. Click **View More>** to view all entries

1) Select a date for detailed information on the Allergen/Reactant

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Step 4– Access VA Allergies and Adverse Reactions via Quick Link

On the Health History page, select the **Allergies** quick link which takes you to Allergies and Adverse Reactions Summary page.

The Allergies and Adverse Reactions Summary page provides a detailed list of allergies and adverse reactions from your VA medical record. You can filter your results by selecting a **Source** and then **GO**.

Select a hyperlink in the Allergen/Reactant column for detailed information on the selected item.
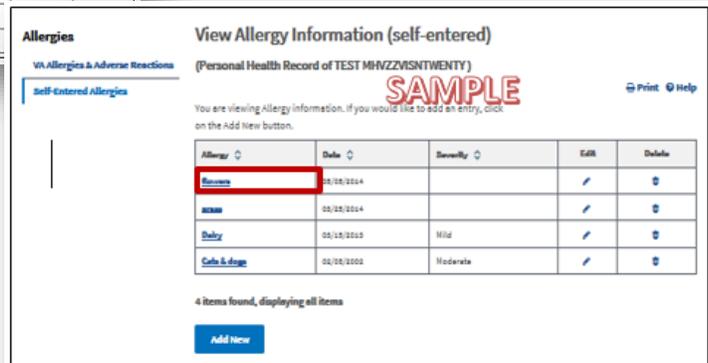
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Step 5 – Access Self-Entered Allergies via Quick Link

On the **Allergies and Adverse Reactions** Summary page, click on the **Self-Entered Allergies** quick link to be taken to the Self-Entered Allergies page.
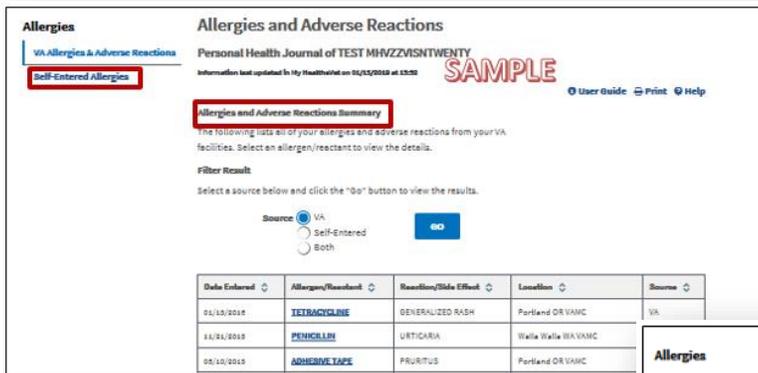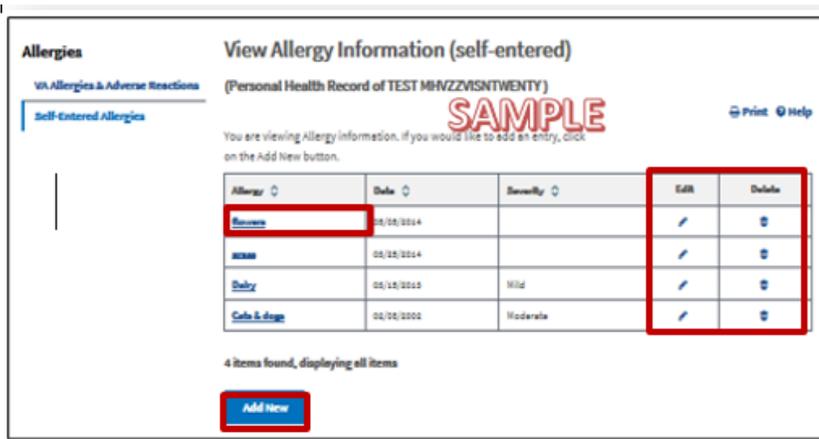

1) Select an allergy for detailed information.

2) Select the **Edit** column to change an allergy entry

3) Click the **Delete** column to remove an allergy entry

4) To add an allergy entry, select the **Add New** button

5) Complete the entries (Be sure to complete the required fields *****)

6) Select a **Save**, **Save & Add Another**, **Reset** or the **Cancel** button for the next action you want to take

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Download Your Allergies Data via VA Blue Button

To download your data using the **VA Blue Button** feature**:**

- Select the **Blue Button Medical Reports** link on the dashboard on the home page
- Select **VA Blue Button Report**
- Select a date range
- Choose **VA Allergies**, **Allergies, Self-Reported** or **All of the Above**
- Click **Submit**
- Select **View/Download PDF** or **View/Download TXT***

***You can get your **VA Blue Button** information in two file formats. You can download it in a format that is easy to read and print (PDF file) or as a simple text format (TXT file). You may wish to review the information in your account first to be sure it is up to date before you download it.

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