

myhealth.va.gov



Tracking my exercise and activities.

Watching my diet.

Keeping track of my vitamins.

Watching my cholesterol.

VA cares about your health

IT'S LIVING MY LIFE

MY HEALTH

MY HEALTH

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VA cares about your health

Recording my military health history.

Graphing my health readings.

Tracking my blood pressure.

Recording my past medical history.

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