

Register for Your VA Personal Health Record (PHR):

- 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, select 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 PHR.
- 4 Begin using My HealtheVet to access VA health care and services at your convenience to better manage your health. Also, if you are a VA patient, take some time to watch the In-Person Authentication (IPA) video online.
- 5 Bookmark www.myhealth.va.gov as a favorite and make a note, if you are a VA patient, to get an upgraded account during your next VA clinic visit to get the most out of your PHR.

Is an Upgraded Account, or IPA, for me?

Yes, if you want to:

- View VA Allergies and Adverse Reactions
- Receive Wellness Reminders
- View VA Appointments
- Participate in Secure Messaging
- Be ready to access all new My HealtheVet features that will enhance your Personal Health Record

Ask the My HealtheVet Coordinator at your facility about IPA



Important Features

Download My Data

Use the VA Blue Button to download, store or print the information in your My HealtheVet account.

VA Prescription Refills

Order your VA prescription refills online.

Secure Messaging

Communicate non-emergency health-related information with your health care team through Secure Messaging.

VA Appointments

View your scheduled VA Appointments and your appointment history for the past two years.

Wellness Reminders

View your VA Wellness Reminders.

Vitals

Use My HealtheVet to monitor and graph your health statistics, such as blood pressure and blood sugar.

Medical Libraries

Access extensive online medical libraries.



My Health, My Care: 24/7 ^{Online} Access to VA

VA Allergies and Adverse Reactions Information for Patients



What is the My HealtheVet VA Allergies and Adverse Reactions record?

Your **VA Allergies and Adverse Reactions** record lists things in your VA electronic medical record that you are allergic to and provides information about how you reacted.

- ★ An allergic reaction can be caused by something you consume, such as a medication or food. Insect bites or stings can cause an allergic reaction. You can also have an allergic reaction from something you came into contact with or inhaled, like latex or mold.
- ★ An adverse reaction is how you reacted to the thing you are allergic to. This can be a mild reaction, such as itching, sneezing or causing your eyes to water. It can be a moderate reaction, such as a rash or hives. Depending on your symptoms you may need to see your provider. It can be a severe reaction, such as difficulty breathing. A severe reaction requires immediate medical attention.

This online feature also lets you view a combined list of allergy and reaction information in your VA electronic medical record and allergy information that you self-entered in your My HealtheVet account. With this information, you can better partner with your VA health care team to monitor your health.

What are the requirements for viewing VA Allergies and Adverse Reactions in My HealtheVet?

To view **VA Allergies and Adverse Reactions** you must:

- ★ be a Veteran enrolled at a VA health care facility
- ★ be registered as a VA Patient in My HealtheVet
- ★ have an upgraded account *

* To get an upgraded account you must complete a one-time process called In-Person Authentication or "IPA." You can upgrade your account at your VA Medical Center or Community Based Outpatient Clinic (CBOC).

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

What are the benefits of using My HealtheVet VA Allergies and Adverse Reactions?

- ★ Remember important information about what you are allergic to or have had an adverse reaction to
- ★ Reduce your risk of coming into contact with something to which you are allergic
- ★ Be more involved in your own health care
- ★ Access both summary and detailed information about your allergies
- ★ Share your **VA Allergies and Adverse Reactions** information with your health care team, caregivers and others

Can my health care team view VA Allergies and Adverse Reactions records that I have entered?

Your health care team can view the **Allergy and Adverse Reactions** information in your VA medical record, but they cannot view any information in your My HealtheVet account unless you share it.

How to find VA Allergies and Adverse Reactions on My HealtheVet

Log on to: www.myhealth.va.gov

Select:



Log into your My HealtheVet account. If you do not have an account, you will need to register and complete the one-time In-Person Authentication (IPA) process to access **VA Allergies and Adverse Reactions**.

Once logged in, you can access **VA Allergies and Adverse Reactions** by:

- ★ Selecting the Track Health tab which appears across the top of the My HealtheVet home page as a main navigation tab, then
- ★ Selecting the Health History tab
- ★ Selecting VA Allergies & Adverse Reactions

Personal Health Record features available for you on My HealtheVet

My HealtheVet offers you a secure, online, 24/7 accessible Personal Health Record which includes:

- ★ VA prescription refills
- ★ Blue Button download, store and print of information in your My HealtheVet account
- ★ VA Appointments *
- ★ Secure Messaging with participating providers *
- ★ VA Allergies and Adverse Reactions *
- ★ VA Wellness Reminders *
- ★ Tracking Tools and Journals for health metrics, activities, family health and military health histories
- ★ Healthy Living Centers focused on medication safety, healthy eating, and separating from active duty
- ★ Trusted health libraries
- ★ Additional extracts of your VA Electronic Health Record as they become available *

* In-Person Authentication required for access.