

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.

VA 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.

*In-Person Authentication required for access.



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

VA Chemistry/ Hematology

Information for Patients



What is VA Chemistry/Hematology?

VA Chemistry/Hematology is a feature of My HealtheVet found in the **Labs + Tests** section under **Track Health**. It is where VA patients can view their **VA Chemistry/Hematology** lab results.

What do lab test results show?

For each test, there is a range of values that is considered acceptable for the general population. Your result will be a specific number that will be compared to this range. Remember, these numbers vary from person to person. What is right for you may not be right for someone else. Your test results provide information that gives your health care team clues to possible health problems. Results may show other tests are needed to help make a diagnosis or guide change to your treatment. Lab test results are considered a part of monitoring your overall health.

What does chemistry and hematology mean?

- ★ **Chemistry:** is when a sample of blood is checked for amounts of certain elements made in the body. An abnormal result may be a sign of disease. Chemistry labs include hundreds of tests. Common labs include blood sugar, cholesterol, electrolytes, calcium, liver function, thyroid, and pancreatic tests.
- ★ **Hematology:** is when a sample of blood is checked for factors in the blood and blood-forming tissues. Hematology lab results include blood cell counts and clotting tests.

What are the requirements for viewing VA Chemistry/Hematology test results in My HealtheVet?

To view **VA Chemistry/Hematology** test results 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

How soon will I see my results after my test is done?

After your tests have been completed and entered in your VA health record, it takes 7 days for the results to be available on My HealtheVet.

What should I do if I have questions about my results?

If you have questions about your results

- ★ Select the **Learn More** link, which has general lab information.
- ★ If you still have questions or do not understand your results, you can contact your participating health care team through **Secure Messaging** or by telephone.

Will I be able to view my old results?

Yes, you will be able to view all the **VA Chemistry/Hematology** results that are currently in your electronic VA health record.

Who do I contact if I have a technical problem with the VA Chemistry/Hematology feature?

You can contact My HealtheVet about technical problems you have with the **VA Chemistry/Hematology** feature. Simply complete the **Contact Us** form to send a message to the My HealtheVet Help Desk. The staff will respond to your problem within three (3) business days. You may also contact the My HealtheVet Coordinator at your VA Medical Center.

How to find VA Chemistry/Hematology 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 Chemistry/Hematology**.

Once logged in, you access **VA Chemistry/Hematology** by:

- ★ Selecting the **Track Health** tab which appears across the top of the My HealtheVet home page as a main navigation tab, then
- ★ Selecting **Labs + Tests**
- ★ Selecting **VA Chemistry/Hematology**

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**
- ★ **VA Blue Button download, store and print of information in your My HealtheVet account**
- ★ **VA Appointments ***
- ★ **Secure Messaging with participating providers ***
- ★ **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.