



## Instructions for Registration

My HealthVet is an online Personal Health Record that empowers Veterans to become informed partners in their health care. With My HealthVet, America's Veterans can access trusted, secure, and current health and benefit information, as well as record and store important health and military history information at their convenience. Registering and using My HealthVet is easy and it's free!

Access My HealthVet at [www.myhealth.va.gov](http://www.myhealth.va.gov).

Register

Go to the registration page by clicking on the icon:

Create an account by answering the following questions.

(\* indicates a required field – Do **not** skip over a field with an asterisk \*)

- 1) **Relationship to VA** – Check all that apply – (include **VA Patient, Veteran**. You must select "**VA Patient**" in order for My HealthVet to match your account with your VA medical record)
- 2) **Identification** – Enter your First, Middle and Last Name, Social Security Number (SSN), Date of Birth, and Gender, exactly as it appears in your VA record.
- 3) **Notifications and Reminders** – Select Notifications that you would like to receive by clicking the On or Off button.
- 4) **Contact Information** – Select a preferred method of contact (you must include \*Email address even if you select phone contact, phone number if applicable).
- 5) **Choose your User ID and Password:**
  - Create a **User ID** that is 6 – 12 characters with no spaces
  
  - Create a **Password** that is 8 – 12 characters, has at least one letter and one number, **and** one special character (e.g. !, #, %), with no spaces.
- 6) **Security Questions** Select 2 different questions and type the answers in the boxes. (Answers must be different and are case sensitive)
- 7) **Accept the Terms & Conditions and Identity Disclaimer** – Click on the links for My HealthVet Terms & Conditions and Identity Disclaimer in order to read in full, and then click on the box next to **Accept\***.

Create Your Account

Click on at the bottom of the Registration page so My HealthVet can set up your **Basic** personal account.

Once you have a **Basic** account, you will need to be "Authenticated" and upgrade to a free **Premium** account in order to see your personal information. Please see a MHV staff member or call 916-843-7108 to be Authenticated by a Video appointment.