



**My Health, My Care: 24/7 <sup>Online</sup> Access to VA**

Thank you for your interest in My HealthVet, Telehealth and VA Mobile Apps.  
If you encounter any technical issues, please reach out for support.

**Important Contact Information:**

- My HealthVet Team at the VA Northern California Healthcare System (VANCHCS)
  - 916-843-7108 (if we are unable to answer, please leave a message)
  - Monday – Friday 9:00 AM to 4:00 PM (Pacific Time)
- My HealthVet National Helpdesk
  - 1-877-327-0022
  - Monday – Friday 7:00 AM to 7:00 PM (Central Time)
- Assistance with **Login.gov**
  - 1-844-875-6446
  - 24 hours a day, 7 days a week
  - <https://login.gov/help>
- Assistance with **ID.me** - VA Veterans Support
  - <https://help.id.me>
- Telehealth – Office of Connected Care Helpdesk
  - 1-866-651-3180
  - 24 hours a day, 7 days a week
  - <https://vaww.telehealth.va.gov>
- VA Mobile Helpdesk
  - 1-844-698-2311
  - 7:00 AM to 7:00 PM (Central Time)
  - <https://mobile.va.gov>
- MyVA411 – the number to call when you don't know who to call
  - 1-800-MyVA411 or 1-800-698-2411
  - 24 hours a day, 7 days a week