



spotlight on health

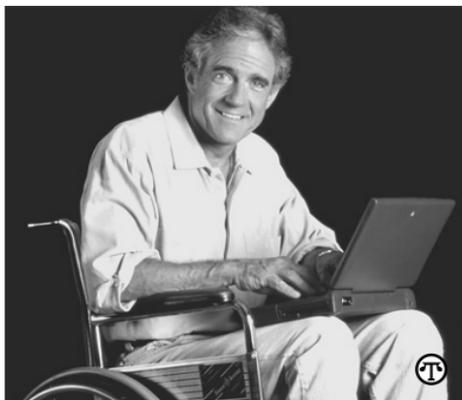
The Power of the Internet

(NAPSA)—The Internet is helping many Americans stay healthier longer. Veterans Day 2004 marked the one-year anniversary of a Department of Veterans Affairs (VA) Web site that links veterans with the information they need to better understand, maintain and manage their health.

The site is called the My HealtheVet (MHV) eHealth portal. It features “one-stop shopping” for VA benefits and application forms, VA health facilities and special programs, and veterans’ news. It also provides a health education library with the latest information about medications and conditions, health measurement tools, a prescription checker and health news updates.

This year, the portal site introduces the VA Personal Health Record with which veterans can keep a personal health journal of emergency health, health provider and insurance contact information, as well as their military health history, medications, over-the-counter drugs, medical events, tests and allergies. The site’s “Health e-log” allows a veteran to track health readings for blood sugar, blood pressure, cholesterol, heart rate, body temperature, pain and body weight.

The site even allows a veteran to print out a wallet ID card automatically filled with personal information from the health journal, and with space to list allergies and medical conditions. These features are private and secure for all veterans.



By bringing VA health care to veterans’ homes, MHV educates veterans about their health, while making them active partners in their health care. The site will offer veterans enrolled in VA health care the opportunity to refill their prescriptions online, and review their VA health care co-payment balance and VA clinic appointment schedule.

By the end of 2005, the eHealth portal will provide users the ability to download key portions of their VA health records so they can share this information with other health care providers.

MHV can be accessed from any computer with Internet access. In order to begin a Personal Health Record, all current users will need to re-register through the site’s new secure registration procedure.

Veterans can access MHV and register for its free services by logging on to <http://www.myhealth.va.gov>. Studies show that those who play a more active role in managing their health stay healthier. Log on today.