

VA Services Showcase My Healthe Vet and VA Blue Button







My Healthe Vet and VA Blue Button Presentation Topics





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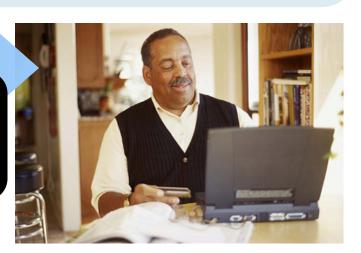
- Brief Overview
- Features and Benefits
- Goals and Opportunities

My Healthe Vet Vision

Knowledgeable patients are better able to make informed health care choices, stay healthy, and seek services when they need them.



Inform Engage Activate



Overview of My HealtheVet Features





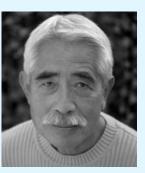


- Self-entered information:
 - ✓ Personal information (contacts, providers, insurance, etc.)
 - ✓ Personal, family and military health history
 - ✓ HealtheLogs (blood sugar, blood pressure, weight, etc.)
 - ✓ Medications (over-the-counter drugs, herbals, etc.)
 - ✓ Allergies, immunizations and medical events
 - ✓ Food and activity journals
 - ✓ My Goals
- VA Prescription Refills, medication history and blended view
- Veterans Health Library (health education resources and tools
- Mental health resources (including online courses)
- VA Wellness Reminders, VA Appointments and reminders
- VA Allergies, Immunizations, Lab test results, Problem List, etc.
- VA Notes, Radiology and Pathology Reports, Discharge Summaries
- Department of Defense (DoD) Military Service information
- Secure Messaging with the VA health care team
- VA Blue Button: Download My Data
- VA Continuity of Care Document (VA CCD)

My HealtheVet Benefits

- Provides users with an easy to use Personal Health Record (PHR), trusted health education resources, and tools
- Supports effective customer transactions (e.g., VA online prescription refill requests)
- Gives VA patients easier access to their VA personal health information
- Provides them with tools to understand and manage their information
- Supports their need to communicate easily with their health care team(s)
- Improves access, satisfaction, outcomes













My HealtheVet Statistics (as of November 2013)



www.myhealth.va.gov

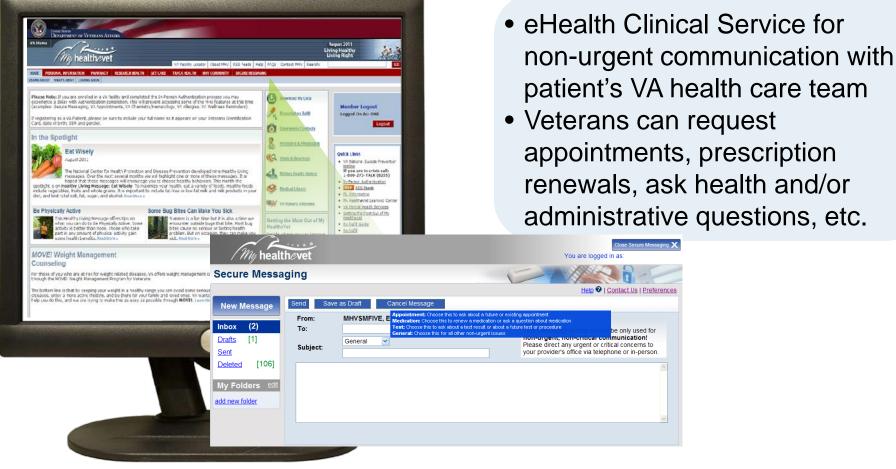
Types of Accounts:

- Basic
- Advanced
- Premium

The My HealtheVet Member Login Box now contains an icon: B, A, or P

- More than 107 million visits
- Over 2.5 million registered users
- More than 1.3 million users have a Premium (authenticated) account
- Over 47.3 million VA prescription refills since August 2005
- More than 918,000 unique VA
 Blue Button users since August 2010
- More than 5.2 million VA Blue Button file downloads
- More than 843,000 VA patients opted-in to use Secure Messaging

My HealtheVet: Secure Messaging



VA Blue Button

The VA Blue Button enables users to view, print and download an electronic file (.txt, .PDF, or .bluebutton) that contains their available personal health information from My Health eVet

- For VA patients with a Premium account, this data includes information self-entered into their My HealtheVet Personal Health Record and data from the VA Electronic Health Record
- Veterans can easily customize their VA Blue Button output by selecting the date range and/or types of information they wish to include











Patient centered care empowers patients to participate in their health and health care. With more complete access to their health information, patients can become active partners in their care.



Shared Electronic Health Records

It's what Veterans want

Evidence is in: benefits are high

Will drive participatory care

Log on to My HealtheVet



VA Home



VA Facility Locator | About MHV | RSS Feeds | Help | FAQs | Contact MHV | Search:

PERSONAL INFORMATION

RESEARCH HEALTH GET CARE TRACK HEALTH

MHV COMMUNITY

LEARN ABOUT | WHAT'S NEW? | COMING SOON

In the Spotlight

Reduce Your Risks: Six Ways to Avoid Obesity

PHARMACY



A notable percentage of American adults – and Veterans in particular – are obese. Obesity can put you at risk for a host of health problems that can compromise your quality of life. Committing to a healthy lifestyle for life can help you avoid obesity - for life.

Avoiding obesity is important to your health and overall quality of life. Certain health conditions that can shorten your life are related to obesity, such as type 2 diabetes, heart disease, stroke and certain kinds of cancer. according to the CDC. Obesity also can affect your confidence, sleep, energy levels and everyday activities. Read More »

TXT Messages Help Vets Quit with SmokefreeVET



Studies show a good support system is one of the keys to success. But not everyone is the same: different resources of family health information can help improve your own work for different people. VA's new SmokefreeVET offers smoking cessation support right to your mobile phone just when you need it. Read More »

Grandpa Had Diabetes? Why Your Health **History Matters**



What you didn't know is that he had diabetes. This bit health. Knowing that your family history could put you at-risk for certain illnesses can help you take the proper steps to prevent or delay their onset. Read More

Quitting smoking is one of the hardest goals to accomplish. You knew grandpa was a Veteran and lived overseas.

Learn About Our Most Popular Features

My HealtheVet is the VA's Personal Health Record. It was designed for Veterans, active duty Servicemembers.

Service Alerts



Blue Button



Prescription Refill



Vitals & Readings



Hearing Aid Batteries

Veterans Health Library



Blue Button **Download** My Data

The Blue Button is a feature that packages all your available health records into a single file that you can safely share with doctors, nurses, clinicians, even family members. Read More

Affordable Care Act



WHAT YOU NEED TO KNOW

Member Login

User ID:

MHVTESTVET01

Password:

.....

Forgot User ID? Forgot Password? First time My HealtheVet user? Register today!

REGISTER

Ouick Links

- . Veterans Crisis Line If you are in crisis call: 1-800-273-TALK (8255)
- VA Mental Health Services
- My HealtheVet Account Types
- Authentication
- About My HealtheVet
- How to Use My HealtheVet
- My HealtheVet Learning Center
- · Most Requested Forms
- eBenefits
- MOVE!

Easy Access to the VA Blue Button



In the Spotlight

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Learn About Our Most Popular Features

My HealtheVet is the VA's Personal Health Record. It was designed for Veterans, active duty Servicemembers. their dependents and caregivers. My Healthe Vet helps you partner with your health care team. It provides you

Service Alerts









Veterans Health Library





The Blue Button is a feature that packages all your available health records into a single file that you can safely share with doctors, nurses, clinicians, even family members, Read More

Affordable Care Act



WHAT YOU NEED TO KNOW

Member Logout

Logged On As: ONE

Loaout

Quick Links

- Veterans Crisis Line If you are in crisis call: 1-800-273-TALK (8255)
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- Mv HealtheVet Account Types
 - Authentication
- About My HealtheVet
- How to Use My HealtheVet
- . My HealtheVet Learning Center
- · Most Requested Forms
- eBenefits
- MOVE!



My Download Request Page



My Download Request

Blue Button User Guide | VA CCD User Guide | Learn More | Protecting Your Personal Health Information

Member Logout
Logged On As: ONE

Logout

VA Blue Button

The VA Blue Button is simple, safe, and reliable. You can view, print or download all of the personal health information currently available in your My HealtheVet account. Having this information to share with people you trust may help you better manage your overall health. View a list of the current VA Blue Button Features.

You can get your VA Blue Button information in three file formats:

- Adobe PDF file format that is easy to read and print (.pdf file)
- Simple text format (.txt file)
- Custom Blue Button text format (.bluebutton file)

VA Continuity of Care Document (VA CCD)

If you have an upgraded My HealtheVet <u>Premium</u> account you may also download your <u>VA Continuity of Care Document (VA CCD)</u>. This is a standard electronic exchange document. It is used for sharing patient information. Learn more about the VA CCD.

You can get your VA CCD information in two file formats:

- XML file format that requires a special computer application to read (.xml file)*
 *This format may not be viewable in your browser
- Adobe PDF file format that is easy to read and print (.pdf file)
- Download my customized Blue Button data
- Download my VA Continuity of Care Document (VA CCD) data

Continue

Cancel

Protect your information and your identity. Send your information to a safe site or device that you or someone you trust controls. Remember, once you have downloaded your information from My HealtheVet, it is your responsibility to keep it safe and private. Learn more about protecting your personal health information.

This is your personal health information. Your health care professional does not have access to this information unless you share it.

Quick Links

- Veterans Crisis Line
 If you are in crisis call:
 1-800-273-TALK (8255)
- VA Mental Health Services
- Authentication
- About My HealtheVet
- How to Use My HealtheVet
- My HealtheVet Learning Center
- Most Requested Forms
- eBenefits
- MOVE!

Download My Selected Data Page: Select Type of Information

Select Date Range 3 Months 6 Months 1 Year Select Date Range Start Date: Nov ▼ 2013 ▼ Select Types of Information Self Reported Information only VA and DoD Information only All Types of Information Select one or more types of information SELF REPORTED INFORMATION VA HEALTH INFORMATION VA Admissions and Discharges * Activity Journal, Self Reported (for Discharge Summary, 3 day hold period applies) Allergies, Self Reported VA Allergies * Family Health History, Self Reported VA Appointments * (future) Food Journal, Self Reported VA Appointments * (limited to past 2 years) Health Care Providers, Self Reported VA Demographics * Health Insurance, Self Reported VA Electrocardiogram (EKG) Reports * Immunizations, Self Reported VA Immunizations * VA Laboratory Results: Chemistry/Hematology/Microbiology * Labs and Tests, Self Reported (3 day hold period applies) Medical Events, Self Reported VA Medication History Medications and Supplements, Self Reported VA Notes * (from 01 Jan 2013 forward, 3 day hold period applies) Military Health History, Self Reported VA Pathology Reports: Surgical Pathology/Cytology/Electron Microscopy * (14 day hold period applies) My Goals: Completed Goals, Self Reported VA Problem List * My Goals: Current Goals, Self Reported (3 day hold period applies) VA Radiology Reports * Treatment Facility, Self Reported (3 day hold period applies) VA Vitals and Readings * Vitals And Readings, Self Reported VA Wellness Reminders * Dod INFORMATION ■ DoD Military Service Information *

Download My Selected Data Page: Select Type of Information

Select Date Range 3 Months 1 Year 2012 ▼ Select Date Range Start Date: Nov Some information that comes from your VA health record may not be presented right away in My HealtheVet or your VA Blue Button. This is because your information may first need to be 2013 🕶 📰 reviewed by a member of your VA health care team. Also, if needed, this gives your provider time to discuss your results with you before you view them in My HealtheVet. Select Types of Information The table below gives you the expected length of time until your VA information is available for display in the Blue Button. In some situations, it may take longer to view your information. Self Reported Information only VA and DoD Information only If you have any questions about your information please visit the FAOs. You may also contact vour VA health care team with your guestions. All Types of Information Select one or more types of information VA Admissions Discharge Summaries are available 3 calendar days after they are completed. and Discharges SELF REPORTED INFORMATION VA Laboratory Results are available 3 calendar days after they have been VA Laboratory VA A verified. Depending on the type tests, some of your laboratory results may not Activity Journal, Self Reported Results be available right away. Allergies, Self Reported VA AI VA Notes written from January 1, 2013 forward are available 3 calendar days VA Notes after they have been completed and signed by all required members of your VA Family Health History, Self Reported VA A health care team. Food Journal, Self Reported VA Pathology Reports are available 14 calendar days after they have been VA Ar VA Pathology completed. Some studies done at a non-VA facility may not be available or they Reports Health Care Providers, Self Reported VA D may not necessarily include an interpretation. Your VA Problem List contains active health problems your VA providers are Health Insurance, Self Reported VA EI helping you to manage. This information is available 3 calendar days after it has VA Problem List Immunizations, Self Reported been entered. It may not contain active problems managed by non-VA health VA In care providers. ■ VA La Labs and Tests, Self Reported VA Radiology Reports are available 3 calendar days after they have been (3 da VA Radiology completed. Some studies done at a non-VA facility may not be available or they Medical Events, Self Reported VA M Reports may not necessarily include an interpretation. ■ VA N Medications and Supplements, Self Reported (from Military Health History, Self Reported Close VA Pa (14 c)My Goals: Completed Goals, Self Reported VA Pr (3 day hold period applies) My Goals: Current Goals, Self Reported VA Radiology Reports * Treatment Facility, Self Reported (3 day hold period applies) VA Vitals and Readings * Vitals And Readings, Self Reported

VA Wellness Reminders *

DoD Military Service Information *

DoD INFORMATION

My Download Results Page



My Download Results

Blue Button User Guide | Learn More | Protecting Your Personal Health Information

Member Logout Logged On As: ONE

Logout

1

Your information update is complete.

The results of your Blue Button download request are shown below.

You can:

- **Download PDF file:** download your information in Adobe PDF format (.PDF) which is easy to read and print. You will be able to view and print it before saving the file. If needed, you can obtain a free copy of the Adobe Reader for PDF files at the <u>VA Viewer Software page</u>. **Please be aware:** Anytime you open/download a PDF file you create a temporary file on the computer you are using. Your Blue Button health information can be visible to other users of this computer.
- . Download Text file: download your information in a simple text format (.txt) which can be read and printed by almost any computer.
- Download Blue Button file: download your information in a custom format (.bluebutton). This will make it easier for you to access and use your personal health information with other programs and services as they become available.
- View/Print: view your information in the browser window and print it out.

Personal Health Information of ONE A MHVTESTVETERAN

DOWNLOAD YOUR DATA

File Contents	File Name	File Size	Request Date	Status	Option to Retrieve I	Data
Selected Health Data	mhv_MHVTESTVETERAN_20130926_0723.pdf	661 KB	26 Sep 2013 @ 0723	Ready to Download	Download PDF File	View/Print
Selected Health Data	mhv_MHVTESTVETERAN_20130926_0723.txt	128 KB	26 Sep 2013 @ 0723	Ready to Download	Download Text File	View/Print
Selected Health Data	mhv_MHVTESTVETERAN_20130926_0723.bluebutton	128 KB	26 Sep 2013 @ 0723	Ready to Download	Download BlueButton File	View/Print

It is important to protect your personal health information.

- You can cancel your download at any time.
- . Be sure to save any downloads in a safe place.
- Anytime you download information from the Internet it is possible to create a temporary file on the computer you are using. Please be aware of this when opening a file on a computer you do not control.
- · All requests to download your personal health information from My HealtheVet are tracked. You can see these requests in your account activity history.
- · Visit the VA Blue Button Frequently Asked Questions to learn more about the three file formats.

Ouick Links

- Veterans
 Crisis Line
 If you are i
 crisis call:
 1-800-273 TALK (8255
- VA Mental Health Services
- My HealtheVet Account Types
- Authenticatio
- About My HealtheVet
- How to Use
 My
 HealtheVet
- HealtheVet Learning Center
- Most
 Requested
 Forms
- eBenefits
- MOVE!

VA Blue Button Output

MY HEALTHEVET PERSONAL INFORMATION REPORT ------*********************** Produced by the VA Blue Button (v12.5) 24 May 2013 @ 1025 This summary is a copy of information from your My HealtheVet Personal Health Record. Your summary may include: - information that you entered (self reported) - information from your VA health record vour military service information from the department of defense (DoD). ***Note: Your health care team may not have all of the information from your Personal Health Record unless you share it with them. Contact your health care team if you have questions about your health information.*** Name: MHVVETERAN, ONE A Date of Birth: 01 Mar 1948 ----- DOWNLOAD REQUEST SUMMARY -----System Request Date/Time: 24 May 2013 @ 1025 File Name: mhv_MHVVETERAN_20130524_1025.txt Date Range Selected: 24 Nov 2012 to 24 May 2013 Data Typés Selected: My HealtheVet Account Summary Self Reported Demographics VA Demographics Self Reported Health Care Providers Self Reported Treatment Facilities Self Reported Health Insurance VA Wellness Reminders VA Appointments (Future) VA Appointments (Limited to past 2 years) VA Medication History Self Reported Medications and Supplements VA Alleraies Self Reported Allergies VA Problem List VA Admissions and Discharges Self Reported Medical Events VA Immunizations Self Reported Immunizations VA Laboratory Results: Chemistry/Hematology/Microbiology VA Pathology Reports: Surgical Pathology/Cytology/Electron Microscopy Self Reported Labs and Tests VA Vitals and Readings Self Reported Vitals and Readings VA Radiology Reports VA Electrocardiogram (EKG) Reports Self Reported Family Health History Self Reported Activity Journal Self Reported Food Journal Self Reported Military Health History DoD Military Service Information

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VA Medication History

	-
Source:	VA
Last Updated:	11 Apr 2011 @ 1737
Sorted By:	Last Filled On (Descending)
range in your download reques	up to two years of medication history unless you select a different date t.
Medication:	AMLODIPINE BESYLATE 10MG TAB
Instructions:	TAKE ONE TABLET BY MOUTH TAKE ONE-HALF TABLET FOR 1 DAY

Medication	E AMLODIPINE BESYLA	ATE 10MG TAB				
Instructions	TAKE ONE TABLET BY MOUTH TAKE ONE-HALF TABLET FOR 1 DAY -AVOID GRAPEFRUIT JUICE-					
Status	: Active					
Refills Remaining	3					
Last Filled On	20 Aug 2010					
Initially Ordered On	: 13 Aug 2010					
Quantity	Days Supply	Pharmacy	Prescription Number			
45	90 DAYTON 2718953					

Medication:	IBUPROFEN 600MG	IBUPROFEN 600MG TAB						
Instructions:	TAKE ONE TABLET BY MOUTH FOUR TIMES A DAY WITH FOOD AS NEEDED							
Status:	Active							
Refills Remaining:	3							
Last Filled On:	20 Aug 2010							
Initially Ordered On:	01 Jul 2010							
Quantity	Days Supply	Pharmacy	Prescription Number					
240	60	DAYTON	2718960					

Medication:	INSULIN, GLARGINE, HUMAN 100 UNT/ML INJ						
Instructions:	NUECT 10 ML VIAL UNDER THE SKIN AS DIRECTED FOR 28 DAYS IN 25 UNITS UNDER THE SKIN AT BEDTIME DO NOT MIX WITH OTHER INSULINS/DISCARD OPEN VIALS AFTER 28 DAYS						
Status:	Active						
Refills Remaining:	3						
Last Filled On:	20 Aug 2010						
Initially Ordered On:	01 Jul 2010						
Quantity	Days Supply	Pharmacy	Prescription Number				
30	30	DAYTON	2718956				

Medication:	TERAZOSIN HCL 2MG CAP	
Instructions:	TAKE THREE CAPSULES BY MOUTH AT BEDTIME.	
Status:	Active	
Refills Remaining:	2	
Last Filled On:	20 Aug 2010	

VA CCD Output

NWHINZZZTESTPATIENT, NWHINONE

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Page 1 of 5

Department of Veterans Affairs Summarization of Episode Note

VA Continuity of Care Document (VA CCD)

Created On: 15 Mar 2013

NWHINONE NWHINZZZTESTPATIENT Patient:

123 Anywhere Road Anywhere, DC, 00001 tel:+1-000-000-0001 Home

Birthdate: 01 Jan 1981

M Gender: English Language(s):

Source: Department of Veterans Affairs

Table of Contents

- History of Encounters
- listory of Procedures

Department of Veterans Affairs Summarization of Episode Note

NWHINZZZTESTPATIENT, NWHINONE

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1012638924V546709

to substance

Propensity to a

Propensity to a to food

to food

Page 2 of 5

Allergies

Allergies	This VA Documen deleted or entered i		gies for the pati	ent, from all VA treatm	ent faciliti	es, but it doe	s not cor	ntain aller	rgies that were
Allergens - Count (10)	Verification Date	Event Type		Reaction		Severity		Source	
BAKED BEANS	13 Nov 2012	Propensity to adverse reactions to food		MODERATE, DIARRHEA		MODERATE		MARTINSBURG VAMC	
SOY MILK	13 Nov 2012	Propensity to adverse reactions to substance		MODERATE, NAUSEA AND VOMITING		MODERATE		MARTINSBURG VAMO	
BEEF PRODUCTS	16 Oct 2012	Propensity to adverse reactions to food		ANXIETY]	1	MARTIN	SBURG VAMC
BEE VENOM	15 Oct 2012	Propensity to ad							
LATEX STRAP	26 Jun 2012	Propensity to ad to drug		ZZTESTPATIENT, NW	HINONE		v		ONFIDEN
CHOCOLATE	01 May 2012	Propensity to ad to substance	CHICKE	NPOX			01 Nov	2011	
OATS	24 Jan 2012	Propensity to ad to substance	CHOLER	CHOLERA			01 Nov	2011	
NUTS	23 Jan 2012	Propensity to ad							

23 Jan 2012

24 Oct 2011

Department of Veterans Affairs Description of the information included in this section

Medical Record Number:

History of Encounters

HONEY

WATERMELONS

Affairs	Description of the information inc				
	This VA Document contains all his the Encounter Date was within the included. Lists of associated note to				
Encou	nter Type	En			
OFFIC	E/OUTPATIENT VISIT EST	IHI			
1		IHI			
	Encou	the Encounter Date was within			

Department of Veterans Affairs Summarization of Episode Note

CONFIDENTIAL NWHINZZZTESTPATIENT, NWHINONE

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CHICKENPOX 01 Nov 2011 MARTINSBURG VAMC CHOLERA MARTINSBURG 01 Nov 2011 VAMC

Lab Results - Chemistry and Hematology

Department of Veterans Affairs Summarization of Episode Note

ans Affairs	s Affairs Description of the information included in this section								
Lab Results This VA Document contains all Chemistry and Hematology Lab Results for the patient, from all VA treatment facilities, where the contains all chemistry and Hematology Lab Results for the patient, from all VA treatment facilities, where the contains all Chemistry and Hematology Lab Results for the patient, from all VA treatment facilities, where the contains a support of the patient from the patient from the patient facilities, where the contains a support of the patient from the patient from the patient facilities, where the patient facilities is the patient facilities for the patient from the patient facilities for the patient from the patient facilities for the patient from the patient facilities for the patient facilities facilities for the patient facilities facilities for the patient facilities fa									
Result Type	•	Result - Unit	Interpretation	Reference Range	Status	Source			
GLUCOSE				completed	MARTINSBURG VAMC				
Result Observation 155 MG/DL I Text Not Available			H	74-118	completed	-			
GLUCOSE				completed	MARTINSBURG VAMC				
		152 MG/DL	Н	74-118	completed				
	Result Type GLUCOSE Result Obser Text Not Av GLUCOSE Result Obser	This VA Docuresult date was Result Type GLUCOSE Result Observation Text Not Available	This VA Document contains all C result date was within the last 12 in Result Type Result - Unit GLUCOSE Result Observation Text Not Available GLUCOSE Result Observation 152 MG/DL Result Observation 152 MG/DL	result date was within the last 12 months, up to a limit of the last 12 months, up	This VA Document contains all Chemistry and Hematology Lab Results for the patient, for the	This VA Document contains all Chemistry and Hematology Lab Results for the patient, from all VA treatme result date was within the last 12 months, up to a limit of the most recent 5 panels. Result Type			

Problems/Conditions

Department of Veterans Affairs	Description of the information included in this section								
Problems/Conditions	This VA Document contains all problems for the patient (active and inactive), from all VA treatment facilities, but it do problems that were deleted.								
Problems - Count (10)	Status	Problem Code	Date of Onset	Provider	Source				
Cough	ACTIVE	786.2	14 Mar 2012		MARTINSBURG VAMC				
Allergic arthritis of multiple sites	ACTIVE	716.29	10 Mar 2012		MARTINSBURG VAMC				
Weakness of limb ACTIVE		728.87			MARTINSBURG VAMC				
Arthritis, Rheumatoid ACTIVE		714.0	20 Oct 2011		CHEYENNE HDR SQA				
Obesity in Diabetes ACTIVE		278.00	24 Oct 2011	-	CHEYENNE HDR SQA				

VA Continuity of Care Document (VA CCD)

VETERANS HEALTH ADMINISTRATION

Next Steps

- Expand the health summary (CCD) to include more types of data (C-CDA)
- Enable patients to send their health summary to other providers and systems via DIRECT (improved care coordination)
- Enhance usability (website redesign)
- Support innovation (e.g., add ability to track delivery of prescription refills)





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

Thank you

Alex Hersh
Alex.Hersh@va.gov