

Connect with support



No matter what you are
going through, resources
will be there to help.

1-800-273-8255 PRESS 1

or

Text to 838255

or

Chat

<http://veteranscrisisline.net/gochat/>

Confidential support is available 24 hours a day, 7 days a week, 365 days a year.

Thank you, Veterans!

...for your **commitment**
...your **sacrifices**
...and for your **service**



Let us serve you.

The new Access and Quality in VA Healthcare website provides you with real time information about the VA facilities in your area.

- Get an estimate of how quickly you can be seen
- Compare how VA facilities measure to hospitals in your area
- Review fellow Veteran satisfaction at your facility
- Learn how VA is increasing access to care nationally

For more information, visit www.accesstocare.va.gov

VA App Store

Use VA's mobile technologies to communicate with your VA care team and access your health information while on the go — where and when you need it.

With VA Apps you'll be able to:

- View your VA health care data
- Find resources for mental health support
- Share your health information with your VA care team
- Access new tools for managing and tracking your health and wellness over time

Having trouble using one of the apps? The VA App Store offers tips for each app.

Veterans can call the Help Desk for assistance at (844) 482-6624 and VA care teams can call (877) 470-5947 Monday through Friday, 7 a.m. – 7 p.m. CT.

Get the Apps.

Visit the VA App Store to learn more:

mobile.va.gov/appstore

Your Life
Your Health
Your Schedule



VA's Online Personal Health Record

Ways My HealthVet can benefit you:

- **Pharmacy:**
 - Refill prescriptions, track delivery, view medication instructions, receive shipment notifications and much more.
- **Secure Messages:**
 - Message your VA care teams and other VA staff about non-emergency information or questions.
- **Appointments:**
 - Track your upcoming appointments and get reminders.
- **Health Records:**
 - View, print, or download your VA medical record information, or enter your own health information.

Questions?

- Contact the My HealthVet Help Desk.
- Select the **Contact MHV** tab next to the Search box.
- Call the Help Desk directly at 1-877-327-0022 or 1-800-877-4339 (TTY), Monday – Friday, 7 a.m. – 7 p.m. (Central time).

If you have questions about your medication, contact your primary care provider or call the local VA pharmacy at the phone number printed on your prescription label.

Visit My HealthVet today at www.myhealth.va.gov.

