Track and Share Your Health Data Through My Health*e*Vet

With My Health*e*Vet's Shared Vitals feature, you can now send key health readings and data to your VA health care team.

By sharing vital signs with your VA care team, you can take an active role in your care. The information that you share may give your VA care team a more complete picture of your overall health and wellness.

Shared Vitals you can enter on My Health*e*Vet:

- Blood pressure
- Heart rate
- Body weight
- Body temperature
- Pain
- Blood sugar

⚠️ **IMPORTANT: Shared Vitals is not for emergency situations.**

If you notice an abnormal vital reading, contact your VA provider. Your VA care team is not required to view data entered in Shared Vitals. Talk to your VA care team to make a plan about using Shared Vitals in your care.

To access Shared Vitals:

1 **Sign in** to your My Health*e*Vet Premium account at *myhealth.va.gov*.

2 Select **Track Health** from the top menu.

3 Select **Shared Vitals**.

4 Select the type of data you'd like to record from the left menu.

5 Select **Add New**.

6 Enter your information into the correct fields. Then select **Save**.

Learn more about Shared Vitals:

myhealth.va.gov/shared-vitals-faqs.

My healthevet

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