



Be Involved in Your Health Care

There are many ways to take an active role. Work with your health care team to improve your health.

- Be Involved in Your Health Care: A Healthy Living Message
https://www.prevention.va.gov/Healthy_Living/Be_Involved_in_Your_Health_Care.asp
- “Ask Me Three” Whiteboard Video
https://www.youtube.com/watch?v=zmhxK4tHeZo&list=PL3AQ_JVoBEywH95nwBCpQomAWbUIMfGoy&index=19

Veterans Health Library–

<https://www.veteranshealthlibrary.va.gov/>
The Veterans Health Library (VHL) offers Veterans, their families, and caregivers 24/7 internet access to comprehensive, Veteran-focused health information that’s consistent with VA clinical practice. Its information, resources, and tools are engaging, “Veteran-friendly,” and written in plain language. Items within the VHL on Be Involved in Your Health Care include:

- Be Involved in Your Healthcare: Taking Medications
https://www.veteranshealthlibrary.va.gov/Search/142,40990_VA

- Be Involved in Your Healthcare: Family and Friends Can Help
https://www.veteranshealthlibrary.va.gov/Search/142,40986_VA
- Be Involved in Your Healthcare: When You’re Having Surgery
https://www.veteranshealthlibrary.va.gov/Search/142,40988_VA
- Preparing for a Visit with Your Healthcare Provider
https://www.veteranshealthlibrary.va.gov/HealthyLiving/BeInvolved/142,40992_VA

HealthLiving Assessment –

<https://www.myhealth.va.gov/mhv-portal-web/healthliving-assessment>

The HealthLiving Assessment is a confidential, online assessment that asks a Veteran questions about their medical history and health choices. After they have answered all questions, it creates a personalized summary report that can be shared with their VA health care team at their next appointment.



My HealthVet –

<https://www.myhealth.va.gov>

My HealthVet (MHV) is VA’s award-winning online Personal Health Record (PHR). MHV provides Veterans access to personalized VA health care and information 24/7 through web-based tools that empower Veterans to become active partners in their health care. Veterans can send a secure message to their providers, refill VA medications, access their health records, connect to the VHL, HLA, and more in My HealthVet.

Federal Government Resources

U.S. Department of Health and Human Services

HealthFinder

Take Charge of Your Health Care

Most people depend on different doctors, nurses, pharmacists, and insurance companies for their health care. It’s a team effort, and you are the most important member of the team.

<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=78&areaID=0>

Agency for Health & Research Quality (AHRQ)

Be More Involved in Your Health Care: Tips for Patients

This brochure gives you tips to use before, during, and after your medical appointment to make sure you get the best possible care.

<https://www.ahrq.gov/patients-consumers/patient-involvement/ask-your-doctor/tips-and-tools/beinvolved.html>

Questions Are the Answer: Build Your Question List

Are you visiting your health care clinician or pharmacist? It is important to be prepared. Create a personalized list of questions that you can take with you.

<https://www.ahrq.gov/apps/qb/>

You can also download the AHRQ Question Builder App through the Apple App (<https://apps.apple.com/us/app/ahrquestionbuilder/id1455119729>) or Google Play Store to create a list of questions for your next health care appointment on your mobile device.

National Institutes of Health

National Institute on Aging

Talking with Your Doctor: A Guide for Older People

Information to assist older individuals create good communication channels between both themselves and their doctor.

<https://www.nia.nih.gov/health/doctor-patient-communication/talking-with-your-doctor>

Medline Plus: U.S. National Library of Medicine

Talking with Your Doctor

Information that will help patients get the information they need and make the most of their doctor’s visit.

<http://www.nlm.nih.gov/medlineplus/talkingwithyourdoctor.html>