

# My HealthVet

## VA Allergies & Adverse Reactions User Guide

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## VA Allergies & Adverse Reactions – Features Overview

VA Allergies is a My HealtheVet feature that helps you manage your allergies and adverse reactions. Access to this feature is based on your My HealtheVet account type. There are two account types available: Basic and Premium. For more information about these accounts, go to [My HealtheVet Account Types](#) page. My HealtheVet users with a Basic account, can self-enter their allergies and adverse reactions. My HealtheVet users registered as a **VA Patient** or **CHAMPVA beneficiary** with a Premium account can also view their allergies and adverse reactions listed in their VA medical record. You cannot add a new allergy to your VA Allergies and Adverse Reactions from your VA medical record. If you have an allergy and adverse reaction that is not listed, tell your VA health care team.

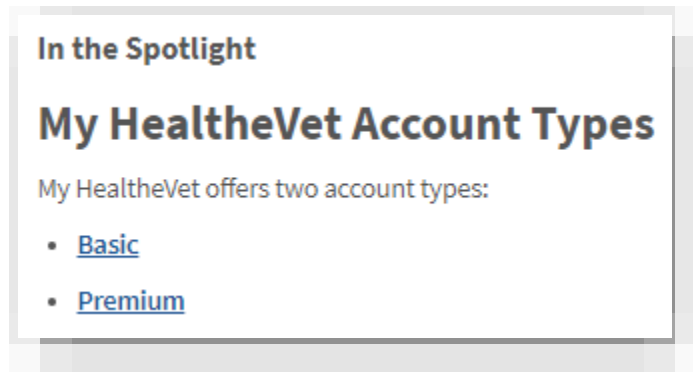


Figure 1: Location of Account Type Descriptions

## Registered as VA Patient?

If you have already registered for a My HealtheVet account and need to check that you have registered as a **VA Patient** or **CHAMPVA beneficiary**, you can do the following:

- (1) Select the **Personal Information** tab (Figure 2).



Figure 2: Personal Information Tab location

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(2) Select the **My Profile** sub-tab (Figure 3)



Figure 3: My Profile location

- (3) Under **What is Your Relationship to VA**, if you use the VA Health Care System, make sure you select the **VA Patient** checkbox (Figure 4).
- o Check select **VA Patient** or **CHAMPVA Beneficiary**. This will put a checkmark in the box.

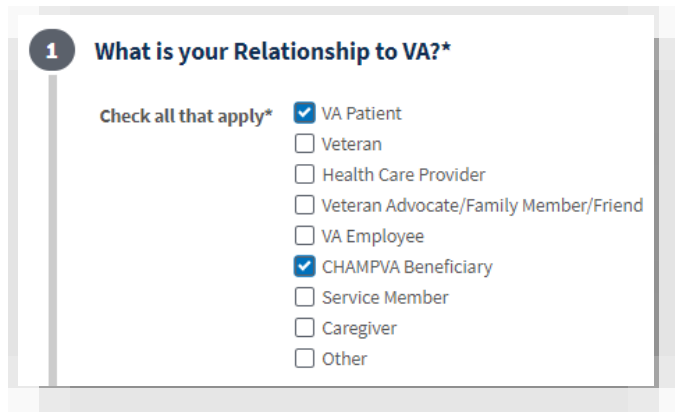


Figure 4: VA Patient checkbox

(4) Select the **Save** button at the bottom of the screen (Figure 5).



Figure 5: Save Button

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## VA Allergies & Adverse Reactions

The VA Blue Button is a way to download or print your VA allergies and adverse reactions. You can also use [Secure Messaging](#) (My HealtheVet > Secure Messaging) to send a message to your participating health care team. You can alert them to new allergies and how you reacted.

Having a copy of your health information may help you better manage your health care. You can share this information with your VA health care team. If you visit a non-VA health care provider, the VA Blue Button makes it easy to share with them, too. VA Blue Button helps you become a partner with members of your health care team.

You can also download your allergies and adverse reaction data to a computer or other device (such as a CD, thumb drive, or mobile device). This lets you take your personal health information with you. You can choose to share this with your VA health care team, caregivers, or non-VA provider.

You can get your VA Blue Button information in two file formats. You can download it in a format that is easy to read and print (.pdf file) or a simple text format (.txt file).

**Please be aware:** Anytime you open/download a .pdf file, you create a temporary file on the computer you are using. There is a risk of exposing your information when you download a .pdf file, especially on public or shared computers. Learn more about [protecting your personal health information](#).



**NOTE:** *You are the only one who can access your health information in My HealtheVet. You choose with whom to share your information. If you want someone else to have access to your health information, you must give it to that person.*

*You are responsible for protecting your personal health information when you print or download it. It is important to protect your information. Protect this information the same way you would protect your banking or credit card information. Do not leave your printed information in a printer. Do not save your downloaded information to a public computer. When using a public computer, save your health information to a CD or a thumb drive. Remember to take the CD or thumb drive with you when you finish.*

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## Getting Started with VA Allergies & Adverse Reactions

The following information is the step-by-step process to access VA Allergies & Adverse Reactions.

### Step 1 – Sign in to My HealtheVet

- (1) Sign into your My HealtheVet account, by selecting the **Sign in** button on the right side of the screen to access VA Allergies & Adverse Reactions (Figure 6).



Figure 6: Sign in Button (Home Page Header section)

- You must have already registered as a VA Patient.
- If you do **not** have a My HealtheVet account, register by selecting the **Register** button on the right side of the screen and complete the registration form.

- (2) When the **User Sign In** page displays, click the **Sign in with My HealtheVet** button (Figure 7).

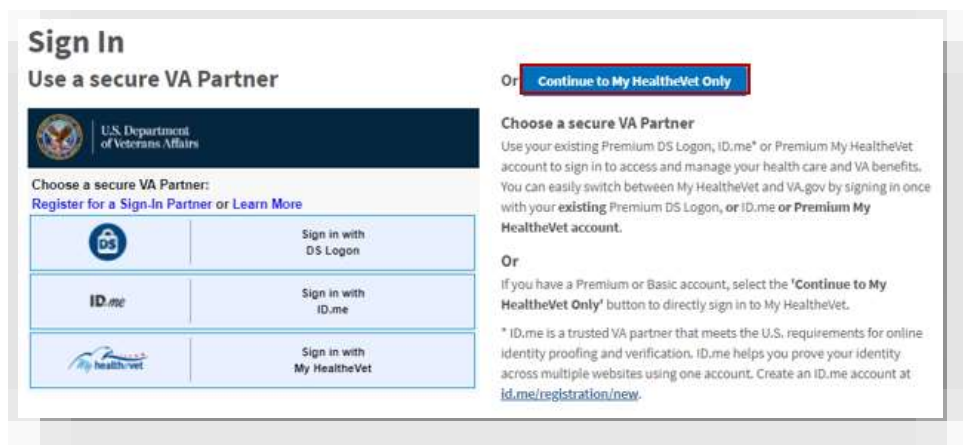


Figure 7: User Sign In

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- (3) The **Sign in with My HealtheVet** page (Figure 8) will display.
- (4) Enter your **User ID** and **Password** (Figure 8).



Figure 8: Sign in with My HealtheVet

## Step 2 – Accessing VA Allergies & Adverse Reactions

After logging in to your My HealtheVet account, select **Track Health** then **Health History** (Figure 9):

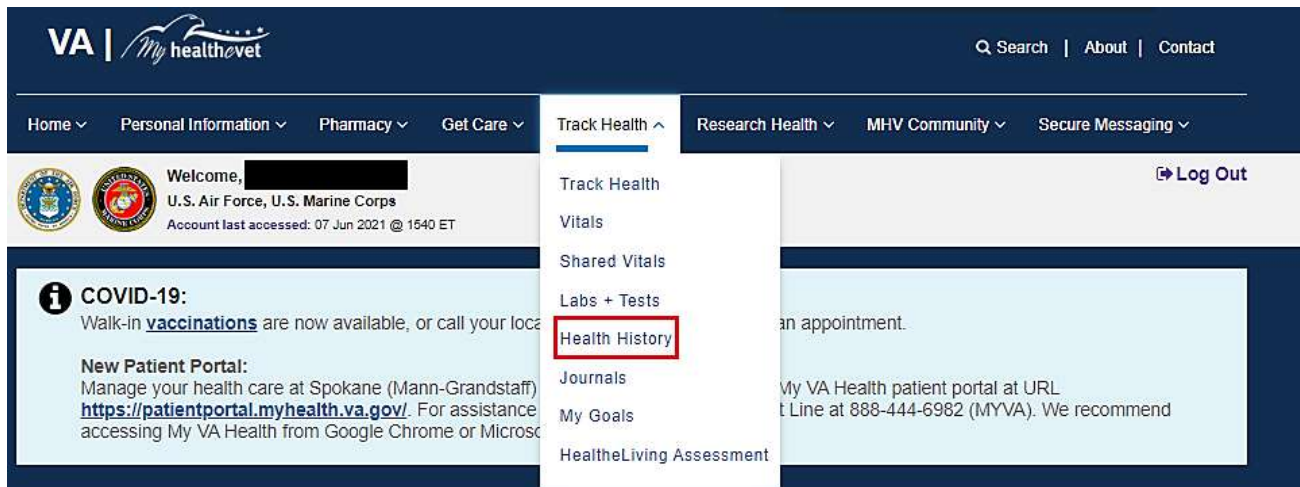


Figure 9: Health History location

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## Step 3 –Access VA Allergies & Adverse Reactions/Self-Entered Allergies Logs

On the Health History page, a log(s) displays: **Self-Entered Allergies** and **VA Allergies & Adverse Reactions** (if you are registered as a VA Patient). The logs(s) display your five most recent entries (Figure 10).

[My HealtheVet](#) / [Track Health](#) / [Health History](#)

**Track Health**

- Vitals
- Shared Vitals
- Labs + Tests
- Health History**
  - Allergies
  - Immunization
  - Medical Events
  - Personal Health Summary
  - Family Health History
  - Military Health History
- Journals
- My Goals
- HealthLiving Assessment

**A** Your information update is complete.

### Health History

Information last updated in My HealtheVet on 06/07/2021 at 16:57

Within the Health History section are several logs that help you keep track of your health records. If you are a VA patient it may also include information from your VA electronic health record. These records will have VA in the title. Health History has information about Allergies and Adverse Reactions, Immunizations, Family Health History, and more. For a quick glance of your Health History, some logs display your five most recent entries. Select "View More" to see all the entries. Remember to select the Personal Health Summary and print out a personalized report of your health history to take to your health care provider. You can also use the VA Blue Button to view, print or download information from your Health History section.

VA ALLERGIES & ADVERSE REACTIONS		SELF-ENTERED ALLERGIES	
Date	Allergen/Reactant	Date	Allergy
<a href="#">01/08/2020</a>	PRAZOSIN	<a href="#">Wed 02/17/2021</a>	test-18
<a href="#">01/13/2016</a>	TETRACYCLINE	<a href="#">Wed 12/02/2020</a>	test-17-allergy
<a href="#">11/21/2013</a>	PENICILLIN	<a href="#">Wed 10/07/2020</a>	Tree pollen
<a href="#">05/10/2013</a>	ADHESIVE TAPE	<a href="#">Sat 08/29/2020</a>	HorfixTesting
<a href="#">01/31/2013</a>	TETANUS TOXOID	<a href="#">Mon 05/05/2014</a>	flowers

[View More >](#)

[Add New](#)
[View More >](#)

Figure 10: Health History page

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(1) On the **VA Allergies & Adverse Reactions** log, select **View More>** (Figure 10: Health History page to view all entries (Figure 11).

The screenshot shows the 'Allergies and Adverse Reactions' page. On the left is a navigation menu with 'Health History' selected, and 'Allergies' highlighted. The main content area is titled 'Personal Health Journal of [redacted]' and includes a 'Filter Result' section with radio buttons for 'VA' (selected), 'Self-Entered', and 'Both', and a 'GO' button. Below the filter is a table of allergy and adverse reaction entries.

Date Entered	Allergen/Reactant	Reaction/Side Effect	Location	Source
01/08/2020	<a href="#">PRAZOSIN</a>	ORTHOSTATIC HYPOTENSION	Portland OR VAMC	VA
01/13/2016	<a href="#">TETRACYCLINE</a>	GENERALIZED RASH	Portland OR VAMC	VA
11/21/2012	<a href="#">PENICILLIN</a>	URTICARIA	Walla Walla VA VAMC	VA
05/10/2013	<a href="#">ADHESIVE TAPE</a>	PRURITUS	Portland OR VAMC	VA
01/31/2013	<a href="#">TETANUS TOXOID</a>		Alaska VA Healthcare System	VA
12/01/2011	<a href="#">MAALOX ANTACID</a>	ANAPHYLAXIS	Portland OR VAMC	VA

Figure 11: View More > Allergies and Adverse Reactions

(2) On the **Self-Entered Allergies** log, select **Add New** (Figure 10) to add new entries. Click **View More>** to view all entries (Figure 12).

The screenshot shows the 'Add Allergy Information(self-entered)' form. The left navigation menu has 'Allergies' selected. The form includes a 'NOTE' box stating a 255 character limit for comments. Below the note are fields for 'Allergy:\*', 'Date:\*' (with a calendar icon), 'Severity:' (dropdown), 'Diagnosed:' (dropdown), 'Reaction:' (text area), and 'Comments:' (text area). At the bottom are buttons for 'Save', 'Save & Add Another', 'Reset', and 'Cancel'.

Figure 12: Add New > Self Entered Allergies

(3) On the VA Allergies & Adverse Reaction Table, select a date for detailed information on the Allergen/Reactant (Figure 13).

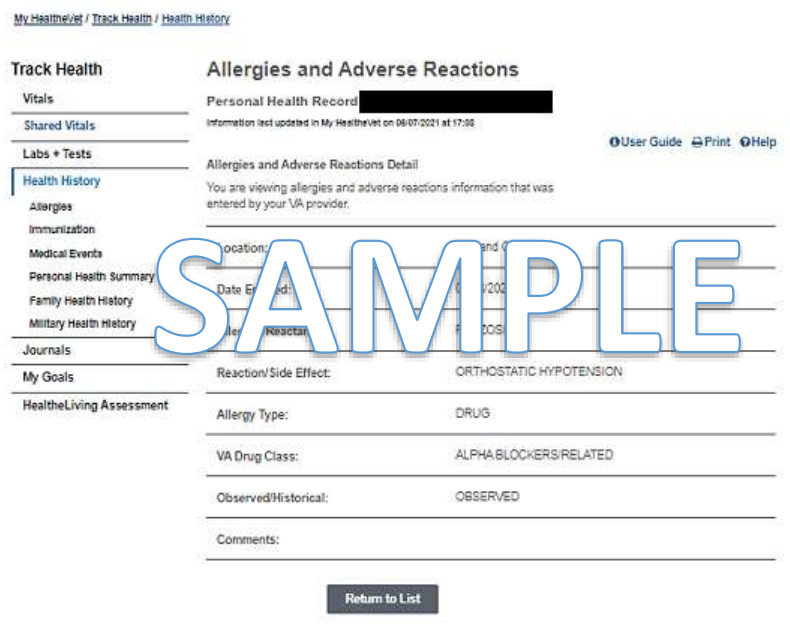


Figure 13: Detailed Information

## Step 4 – Access VA Allergies & Adverse Reactions via Quick Link

On the Health History page, select the **Allergies** (Figure 14) quick link which takes you to Allergies and Adverse Reactions Summary page (Figure 15).



Figure 14: Allergies Quick Link

My HealtheVet / Track Health / Health History / Allergies / VA Allergies & Adverse Reactions

**Allergies**

VA Allergies & Adverse Reactions

Self-Entered Allergies

## Allergies and Adverse Reactions

Personal Health Journal of [REDACTED]

Information last updated in My HealtheVet on 06/07/2021 at 17:21

User Guide | Print | Help

**Allergies and Adverse Reactions Summary**

The following lists all of your allergies and adverse reactions from your VA facilities. Select an allergen/reactant to view the details.

**Filter Result**

Select a source below and click the "Go" button to view the results.

Source  VA  Self-Entered  Both

Date Entered	Allergen/Reactant	Reaction/Side Effect	Location	Source
01/08/2020	<a href="#">PBAZACIN</a>	ORTHOSTATIC HYPOTENSION	Portland OR VAMC	VA
01/13/2018	<a href="#">TETRACYCLINE</a>	GENERALIZED RASH	Portland OR VAMC	VA
11/21/2013	<a href="#">PERIDOLIN</a>	URTICARIA	Walla Walla VA VAMC	VA
05/15/2013	<a href="#">ADHESIVE TAPE</a>	PRURITUS	Portland OR VAMC	VA
01/21/2013	<a href="#">TETANUS TOXOID</a>		Alaska VA Healthcare System	VA

Figure 15: Allergies & Adverse Reactions table

The Allergies and Adverse Reactions Summary page provides a detailed list of allergies and adverse reactions from your VA medical record. You can filter your results by selecting a **Source** and then **GO** (Figure 16).

My HealtheVet / Track Health / Health History / Allergies / VA Allergies & Adverse Reactions

**Allergies**

VA Allergies & Adverse Reactions

Self-Entered Allergies

## Allergies and Adverse Reactions

Personal Health Journal of [REDACTED]

Information last updated in My HealtheVet on 06/08/2021 at 10:02

**Allergies and Adverse Reactions Summary**

The following lists all of your allergies and adverse reactions from your VA facilities. Select an allergen/reactant to view the details.

**Filter Result**

Select a source below and click the "Go" button to view the results.

Source  VA  Self-Entered  Both

Figure 16: Filter Result for Allergies/Adverse Reactions

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Select a hyperlink in the Allergen/Reactant column (Figure 17) for detailed information on the selected item (Figure 18).

Date Entered	Allergen/Reactant	Reaction/Side Effect	Location	Source
01/08/2020	<a href="#">PRAZOSIN</a>	ORTHOSTATIC HYPOTENSION	Portland OR VAMC	VA
01/13/2016	<a href="#">TETRACYCLINE</a>	GENERALIZED RASH	Portland OR VAMC	VA
11/21/2013	<a href="#">PENICILLIN</a>	URTICARIA	Walla Walla WA VAMC	VA
05/10/2013	<a href="#">ADHESIVE TAPE</a>	PRURITUS	Portland OR VAMC	VA
01/31/2013	<a href="#">TETANUS TOXOID</a>		Alaska VA Healthcare System	VA
12/01/2011	<a href="#">MAALOX ANTACID</a>	ANAPHYLAXIS	Portland OR VAMC	VA
12/01/2011	<a href="#">EGGS</a>	NAUSEA AND VOMITING	Portland OR VAMC	VA
12/01/2011	<a href="#">SULFA DRUGS</a>	PRURITUS	Portland OR VAMC	VA
05/07/2011	<a href="#">LISINOPRIL</a>	COUGH	Portland OR VAMC	VA
03/31/2011	<a href="#">PENICILLIN</a>	GENERALIZED RASH	Portland OR VAMC	VA

Figure 17: Table of Allergen/Reactant

**Track Health**

**Allergies and Adverse Reactions**

Personal Health Record [REDACTED]  
 Information last updated in My HealtheVet on 06/07/2021 at 17:00

Allegies and Adverse Reactions Detail  
 You are viewing allergies and adverse reactions information that was entered by your VA provider.

Location: [REDACTED] and [REDACTED]

Date Entered: 01/08/2020

Reaction: PRAZOSIN

Reaction/Side Effect: ORTHOSTATIC HYPOTENSION

Allergy Type: DRUG

VA Drug Class: ALPHA BLOCKERS-RELATED

Observed/Historical: OBSERVED

Comments:

[Return to List](#)

Figure 18: Detailed Information

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## Step 5 – Access Self-Entered Allergies via Quick Link

On the **Allergies and Adverse Reactions** Summary page, click on the **Self-Entered Allergies** quick link to be taken to the Self-Entered Allergies page (Figure 19).



Figure 19: Self-Entered Allergies Quick Link

(1) Select an allergy for detailed information (Figure 20).



Figure 20: Self-Entered Table

(2) Select **Edit** and **Delete** column to change an allergy entry and remove an allergy entry respectively (Figure 21).

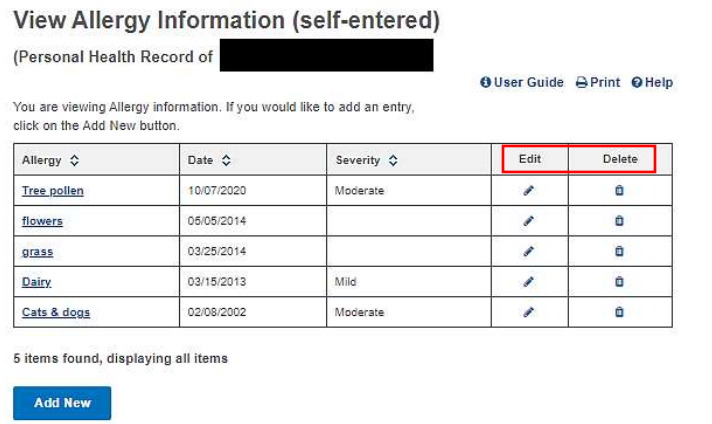


Figure 21: Edit and Delete highlight

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(3) To add an allergy entry, select the **Add New** button and complete the entries (Be sure to complete the required fields **\***) (Figure 22).

Select **Save**, **Save & Add Another**, **Reset** or the **Cancel** button for the next action you want to take.

**Add Allergy Information(self-entered)**  
(Personal Health Record of [REDACTED]) [Help](#)

You have chosen to add an entry to this record. Record the allergy, date, severity, diagnosis status, reaction, and comments below.

**NOTE**  
There is a 255 character limit in the Comments field. Only text with the 255 character limit can be saved.

Indicates Required Information

Allergy:\*

Date:\* 06/08/2021

Severity:

Diagnosed:

Reaction:

Comments:

**Save** **Save & Add Another** **Reset** **Cancel**

Figure 22: Example of Add Allergy

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## Download Your Allergies Data via VA Blue Button

To download your data using the **VA Blue Button** feature:

- (1) Select the **Blue Button Medical Reports** link on the dashboard on the home page (Figure 23).

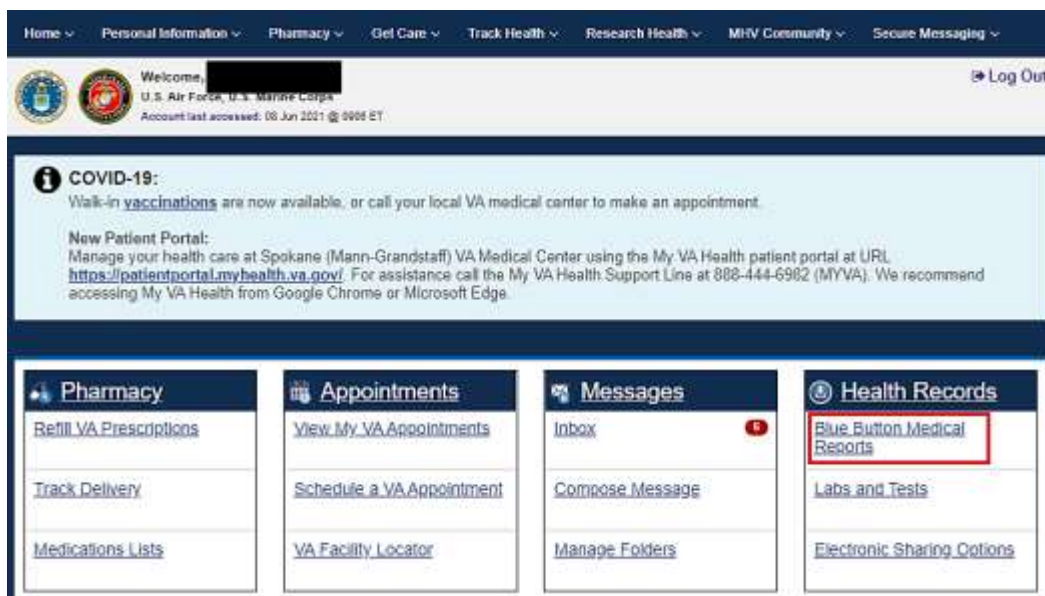


Figure 23: Blue Button Medical Reports Home Page

- (2) Select **VA Blue Button Report** (Figure 24).



Figure 24: VA Blue Button Report

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- (3) Select a date range (Figure 25).



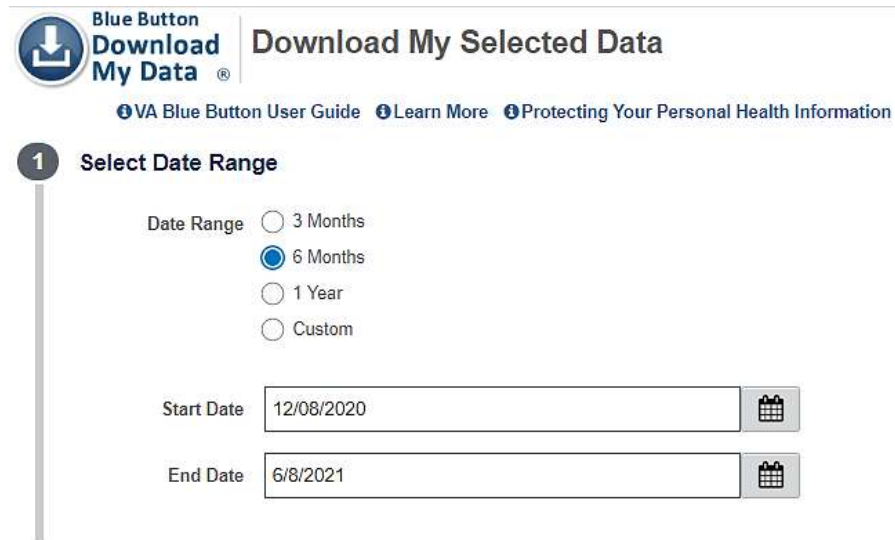


Figure 25: Date Range for report

- (4) Choose **VA Allergies, Allergies, Self-Reported** or **All of the Above** (Figure 26).
- (5) Click **Submit**

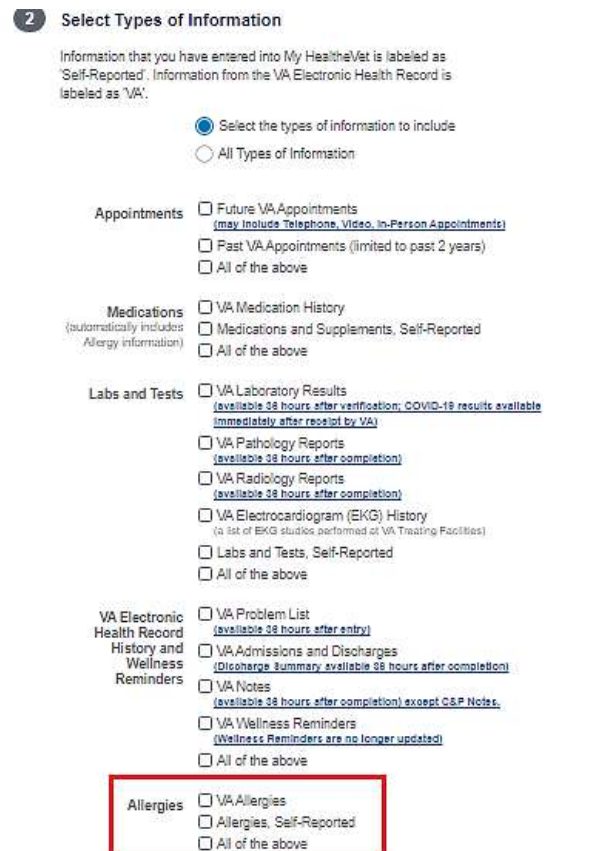


Figure 26: Select Information in Report

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- (6) Select **View/Download PDF** or **View/Download TXT\*** (Figure 27).



## My Download Results

[VA Blue Button User Guide](#)

✔ Your information update is complete.  
Your report is ready below.

### Personal Health Information of

#### DOWNLOAD YOUR DATA

File Contents	File Name	File Size	Request Date	I want to...
Selected Health Data	mhv_MHVZZVISNTWENTY_20210608_1052.pdf	53 KB	08 Jun 2021 @ 1052	<a href="#">View</a> <a href="#">Download PDF</a>
Selected Health Data	mhv_MHVZZVISNTWENTY_20210608_1052.txt	6 KB	08 Jun 2021 @ 1052	<a href="#">View</a> <a href="#">Download TXT</a>

Figure 27: Download Results

### VA Allergies

Source: VA	
Last Updated: 08 Jun 2021 @ 1047	
Sorted By: Date (Descending)	
Remember to share all information about your allergies with your health care team. If you have any questions about your information please visit the FAQs or contact your VA health care team.	
VA Allergies are only displayed for VA Patients. You can use My HealtheVet to self-enter and keep track of your allergies. It is also important to contact your Meds by Mail service center to update your allergy information.	
Allergy Name: PRAZOSIN	Date Entered: 08 Jan 2020
Allergy Type: DRUG	Location: Portland OR VAMC
Reaction: ORTHOSTATIC HYPOTENSION	
VA Drug Class: ALPHA BLOCKERS/RELATED	
Observed/Historical: OBSERVED	
Comments: --	
Allergy Name: TETRACYCLINE	Date Entered: 13 Jan 2016
Allergy Type: DRUG	Location: Portland OR VAMC
Reaction: GENERALIZED RASH	
VA Drug Class: ANTIACNE AGENTS, TOPICAL, ANTIBACTERIALS, TOPICAL OPHTHALMIC, TETRACYCLINES	
Observed/Historical: OBSERVED	
Comments: this is a test	
Allergy Name: PENICILLIN	Date Entered: 21 Nov 2013
Allergy Type: DRUG	Location: Walla Walla WA VAMC
Reaction: URTICARIA	
VA Drug Class: PENICILLIN-G RELATED PENICILLINS	
Observed/Historical: HISTORICAL	
Comments: --	
Allergy Name: ADHESIVE TAPE	Date Entered: 10 May 2013
Allergy Type: OTHER	Location: Portland OR VAMC
Reaction: PRURITUS	
VA Drug Class: --	
Observed/Historical: HISTORICAL	
Comments: --	
Allergy Name: TETANUS TOXOID	Date Entered: 31 Jan 2013
Allergy Type: DRUG	Location: Alaska VA Healthcare System

MEDICAL CONFIDENTIAL

Figure 28: Example Blue Button Report

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## VA Allergies & Adverse Reactions

\* You can get your **VA Blue Button** information in two file formats. You can download it in a format that is easy to read and print (PDF file) or as a simple text format (TXT file). You may wish to review the information in your account first to be sure it is up to date before you download it.

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## Where to Find Help

### Help Resources

- (1) Select **Help & User Guides** (Figure 29) for general guidance on using My HealtheVet and User Guides for My HealtheVet features.
- (2) Select **FAQ** (Figure 29) to go to **Frequently Asked Questions** and get commonly asked questions and answers about Prescription Refills.

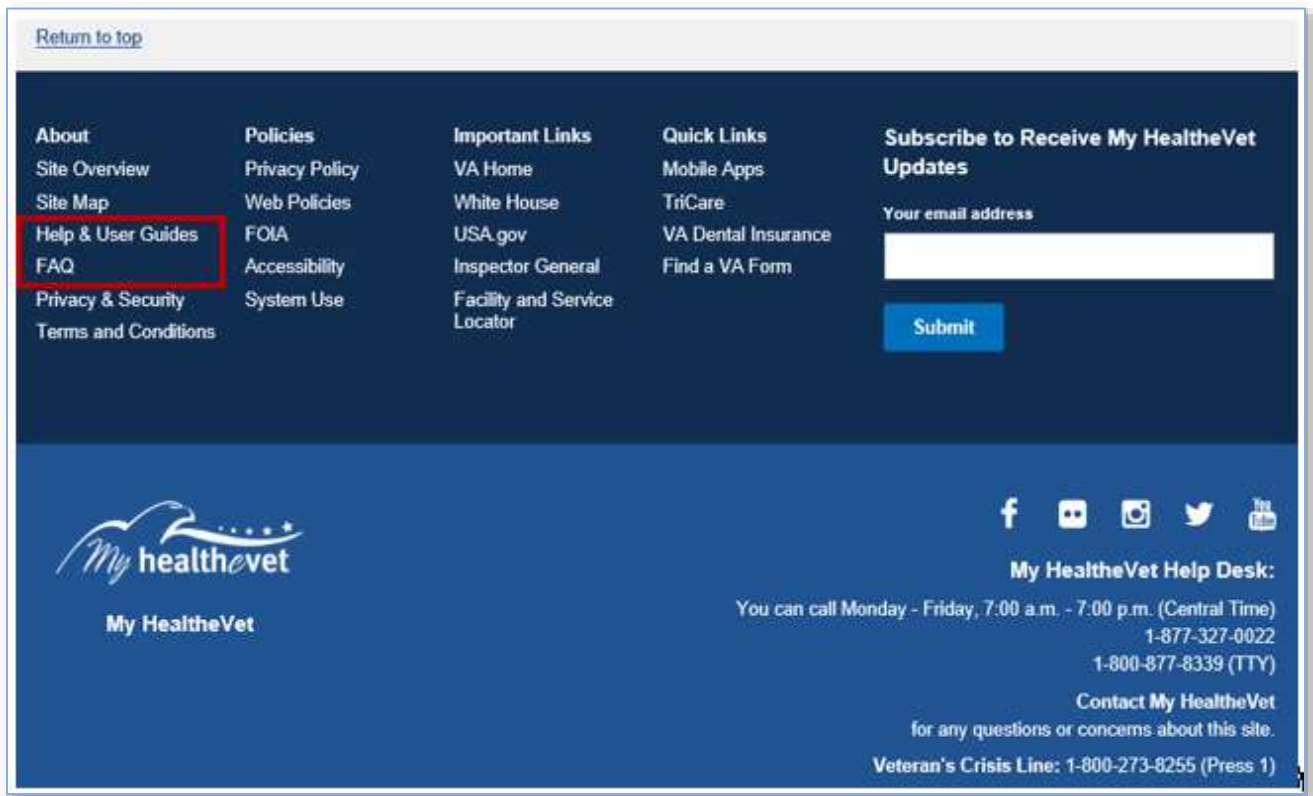


Figure 29: MHV Home Page - Help & User Guides/FAQ (Footer Section)

- (3) Select **Contact** (Figure 30) to send a message to the My HealtheVet Help Desk or contact them at 1-877-327-0022, Monday - Friday, 7:00 a.m. - 7:00 p.m. (Central Time). For TTY, call 1-800-877-8339 or dial 711.



Figure 30: Contact

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The **Contact** My HealtheVet page will appear (Figure 31).

[My HealtheVet](#) / [Contact MHV](#)

## Contact My HealtheVet

We love hearing from our users and value your feedback. If you need help, want to alert us to a concern, share information about a feature, or tell us how we are doing, you have an easy way to contact us.

If you have a question, we may already have what you are looking for. Check below to find a quick and easy answer to some of our more common questions.

### Common Issues

- [Forgotten User ID](#)
- [Forgotten password](#)
- [How to Increase font size](#)
- [Find a VA facility near you](#)
- [Upgrading to a Premium My HealtheVet Account: What do I need to know?](#)
- [Your health care team and My HealtheVet](#)
- [How can I get information about my VA benefits?](#)
- [What is VA Blue Button?](#)
- [View Frequently Asked Questions](#)

If you need additional help, send us details using [this form](#).

You can also call 1-877-327-0022 Monday - Friday, 7:00 a.m. - 7:00 p.m. (Central Time).

Or, 1-800-877-8339 (TTY)

**Note:** When selecting [this form](#), the Contact Us form is displayed on a secure site contracted to VA. When you complete the Contact Us form and select Submit, the information on that form will be stored on the secure contracted site.

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Updated July 1, 2020

Figure 31: Contact My HealtheVet page

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