

Ways To Track and Share Your PGHD



Track and Share Your Health Data



VA offers Veterans several secure channels for sharing PGHD:



My Health eVet's **Shared Vitals** feature enables you to log your vitals and send them to your VA provider.



With the **Share My Health Data** app, you can sync with Bluetooth and wearable devices to view and share your health data.



Enroll in **Annie**, VA's automated text messaging service, to receive text messages and reminders that help you track your health data and manage your care.



Use the **My VA Images** app to securely send photos and videos to your VA providers for review.

Sharing PGHD electronically with VA is not intended for emergencies.

If your health data reading is abnormal and you believe you are experiencing a medical emergency, call 911.

» Learn more about PGHD:
connectedcare.va.gov/PGHD



Learn how PGHD can enhance your VA care and everyday well-being.

connectedcare.va.gov/PGHD



VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Connected Care

Wherever you are on your health journey, you can stay on track by regularly monitoring important health data.

The health information that you collect in your daily life, outside of a clinical setting, is known as **patient-generated health data (PGHD)**.

Some examples of PGHD include:



Blood pressure

Blood sugar



Heart rate

Pain rating



Weight



Sharing your health data can help you and your VA providers make the best decisions for your care. By reviewing PGHD that you choose to share, your VA provider can:

- See trends in your day-to-day health and well-being.
- Recognize symptoms or health issues before they become more serious.
- Make better-informed recommendations and decisions about your care.



Sharing PGHD With Your VA Providers

You can choose whether to share PGHD and what to share. Talk with your VA provider to make a plan for sharing PGHD:

- Discuss what health data you want to share.
- Agree on when to tell your VA provider that you've shared data.
- Set expectations for when your VA provider will view your data.

The PGHD you choose to share is stored on a secure, encrypted VA database. Only your VA providers can view your PGHD.

Your VA provider may not view your data right away, so be sure to inform them when you share a data reading you want them to review.

