Mental Health Checkup for Veterans

At A Glance

What is Mental Health Checkup?
Mental Health Checkup is a web-based app that allows Veterans to take a variety of mental health assessments from the comfort and convenience of home. You can complete assessments assigned by your provider and receive scores and feedback in real time on a smartphone, tablet, or computer.

To use Mental Health Checkup, you must have ID.me, DS Logon Level 2 (Premium) or My HealtheVet Premium Account Credentials.

Getting Started
To start using Mental Health Checkup:

1. Follow the email link from your provider or visit mobile.va.gov/app/mh-checkup-veterans.
2. Select Launch in Browser to open Mental Health Checkup and agree to the End User License Agreement.
3. Log in using one of the three account options: My HealtheVet, ID.me, or DS Logon.

When you log into Mental Health Checkup, you will see a welcome message on the home screen with information on the assessments your VA provider has assigned to you. Below that, you will see a task bar with the status of your assessments. Select any of the following tabs on the task bar to view more information related to your assessments:

- Due – View assigned assessments that are ready for completion.
- Completed – View completed assignments.
- Assigned – View upcoming assignments.

From anywhere in the app, your name is displayed in the top right corner of the screen. Below your name, select Home to return to the home screen. Select About for more information about the app or select Help to find additional resources.

Help and Additional Information
For assistance with the Mental Health Checkup app, dial 1-877-470-5947 to speak with a VA representative. More resources, such as a slideshow and FAQs, can be found on mobile.va.gov/app/mh-checkup-veterans.
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Complete an Assessment

To complete an assessment, select the Due tab. Find the assessment in the list and select Complete to begin the assessment. When you have finished the assessment, select Submit. You will then see a confirmation page with your score severity. Your score will be saved and available to your provider for review.

View Assigned Assessments

Select the Assigned tab to view upcoming assessments with date, name, and frequency. Note: You may not be able to complete the assessments in the Assigned tab if they do not currently appear in the Due tab.

View Completed Assessments

Select the Completed tab to view your completed assessments and the scores you received. Select View to see an assessment’s details. To view your completed assessments as a graph, select View Assessment Score Historical Graphs above the assessment table, then select View as Graph in the top right corner above the assessment chart. To view your completed assessments as a table, select View as Table in the top right corner above the assessment chart.