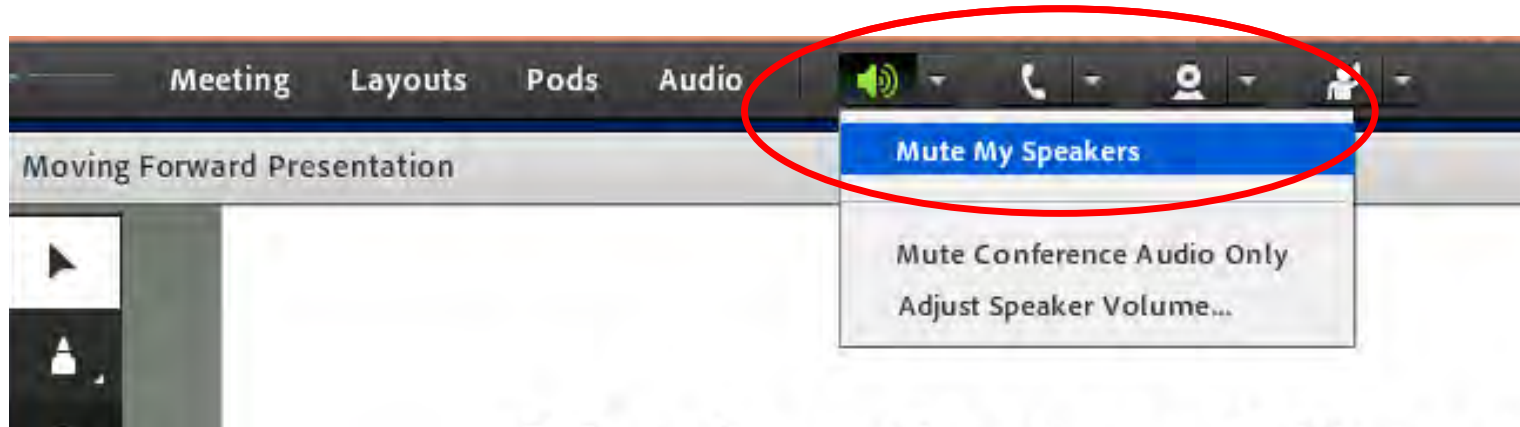


Please remember to mute your speakers.



VA Mobile Discussion Series

For audio, please dial in using VANTS:
1-800-767-1750 pc: 43950#

Thank you for joining. We will begin shortly.



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Connected Care

VA



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MyVA Health Journal





Agenda

- MyVA Health Journal Overview
- Key Benefits
- Overview of Features
- Use Cases
 - Medical Visit Questionnaire
 - Family History
- Field Test & Next Steps
- Questions



MyVA Health Journal: App Overview



The MyVA Health Journal App allows Veterans to enter and track their own health information, empowering them to take charge of their health and well-being

Veterans can use MVAHJ to:

- Store military and family history
- Add reflections on values, goals, and overall wellness
- Take health assessments
- Enter and track health measures (e.g. glucose, exercise, weight)
- Set reminders to enter their data
- Create appointment plans
- Save files related to their health
- Create reports from app data

The screenshot displays the 'My Medical' app interface. At the top, there's a header 'My Medical' and an 'Options' menu. Below this, a form is visible with several fields: 'Date' (set to 10/19/2018), 'Time' (set to 05:54 PM), and 'Symptom Name' (with a placeholder 'Enter a Symptom Name'). There are also dropdown menus for 'Hours' and 'Minutes', both currently set to 'Select'. An 'Intensity' slider is shown, ranging from 1 (Mild) to 10 (Severe), with a marker at 5. Below the slider are text input fields for 'Trigger', 'Treatment', 'Response to Treatment', and 'Note', each with a '250 characters left' indicator. At the bottom, there are 'Save' and 'Cancel' buttons.

For example, Veterans can enter and track symptoms



MyVA Health Journal: App Overview



Using MyVA Health Journal, Veterans can...

Input data in MVAHJ (e.g. health measures, medical history, values)

Set **reminders** to enter health measures (e.g. glucose, temperature) AND add additional health reminders, including appointment or medication reminders

View data as a table or graph AND **filter** entries to review data from a certain period

Review data with VA care team at their next scheduled visit



App Benefits: Veterans and Care Teams

Veterans

- Central place to enter, view, and keep track of their health data and history
- Ability to view self-entered data in both table and graph formats, helping to display trends in their health
- Ability to filter past entries to view specific periods of health data (e.g. goals from the last six months, symptoms over the course of year)
- Add information to review with their VA care team at their next scheduled visit

VA Care Teams

- Tool to encourage patient self-managed care in between visits
- Review patient progress in their overall health, as well as chronic disease management
- Platform to collect patient health history and information in a consistent, uniform format



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MVAHJ: Overview of Features



App Login: Flexible Sign-In Options

All Veterans need to log into MVAHJ is a device with internet access (e.g. desktop, laptop, smartphone, tablet) and one of the following three credentials for sign-in:

1. My HealtheVet Premium
2. ID.me
3. DS Logon (Level 2)



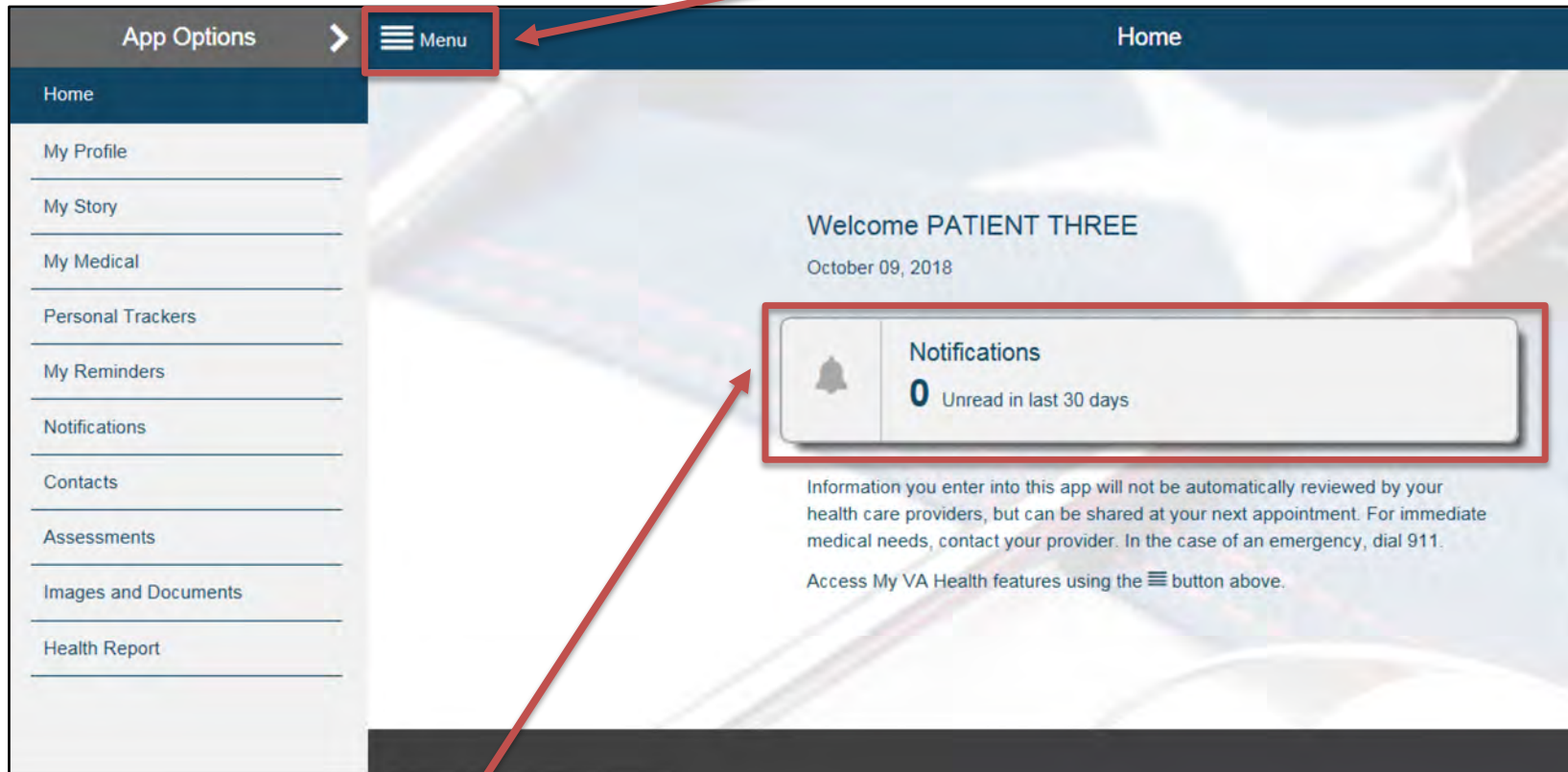
The screenshot shows the 'Department of Veterans Affairs IDENTITY PROVIDER SELECTION' screen. It features a blue header with the VA seal and the text 'Department of Veterans Affairs IDENTITY PROVIDER SELECTION'. Below the header, it says 'Please select how you would prefer to log in:'. There are three buttons: 1. 'ID.me' with the ID.me logo and text 'Use your ID.me account'. 2. 'DS LOGON' with a blue padlock icon and text 'Use DS Logon Level 2 Account'. 3. 'MY HEALTHEVET' with the MHV logo and text 'Use your My HealtheVet Premium account'.

MVAHJ Login Options



MVAHJ Home Screen

After logging in, on the Home screen patients can access all of the functions within MyVA Health Journal using four line menu in the top left



Patients can also view their number of unread notifications (e.g. in-app reminders) and click the box to easily access the Notifications feature



MVAHJ: My Profile

Within the My Profile feature, Veterans can enter and save their military and occupational histories for future reference

My Profile

Options

Military/Occupational History

Filter

Event Title

* required field

Event Date:

* Start Date:

10/19/2013

Saturday

* End Date:

10/19/2018

Friday

Apply

Reset

Event Title	Event Date	
Deployment Test Two	05/08/2017	>
Navy	01/03/2017	>



MVAHJ: My Story

Using the My Story feature, Veterans can add reflections on personal values, evaluate their current health, add goals, and track their progress on their goals

Menu

My Story

Options

My Story

Summary

Summary

Personal Values

Assessment

Reflections

Goals

Learn

Personal Values

What REALLY matters to you in your life?
good health
Last updated: 01/30/2018

What brings you a sense of joy and happiness?
Family
Last updated: 01/30/2018

Assessment

A text description of the information on this page is available in the table view.

Well-being

Rating (1=miserable, 5=great)

Physical

Mental/Emotional

Day-to-day

My Story Summary: View an overview of all reflections, goals, and values added, and navigate to specific features to create new entries



MVAHJ : My Medical

The **My Medical** feature allows Veterans to add entries for:

- Symptoms
- Appointment plans
- Medications
- Allergies
- Diagnoses
- Surgeries
- Hospitalizations
- Family History

My Medical Options

Edit Appointment Plan

View PDF Delete

Appointment Information

* Appointment Status: Scheduled * required field

* Date: 05/02/2018 * Time: 09:00 AM

Wednesday Booked VA Appointments

Provider

First Name: Last Name:

* Clinic/Organization: Cardiology Reason for Appointment: BP Check/Medication Management

Items to Discuss

Set Notifications

After Appointment Notes

Save



MVAHJ : Personal Trackers

1. **Input:** Veterans can enter health measures using personal trackers (e.g. glucose, sleep tracking, weight, etc.)
2. **Filter & View:** Then, they can filter their entries to look at data from a specific time frame and view the data as either a graph or table
3. **Set Notifications:** Veterans can set notifications to be reminded to enter data daily, weekly or monthly



MVAHJ : Personal Trackers

Veterans can adjust their settings to display only the trackers that are important to their care

Personal Trackers - Display Options

Select trackers to include in your Personal Tracker list.
Removing a tracker from your list will not remove your tracker data, however all notifications tied to that tracker will be turned off.
You may add a tracker back to your list at any time.

<input checked="" type="checkbox"/> Blood Pressure and Pulse	<input checked="" type="checkbox"/> Cholesterol/Lipid
<input checked="" type="checkbox"/> Daily Events	<input checked="" type="checkbox"/> Diet
<input checked="" type="checkbox"/> Exercise	<input checked="" type="checkbox"/> Glucose (Self Tested)
<input checked="" type="checkbox"/> Height	<input checked="" type="checkbox"/> Mood
<input checked="" type="checkbox"/> Pain	<input checked="" type="checkbox"/> Respiration
<input checked="" type="checkbox"/> Sleep	<input checked="" type="checkbox"/> Stress
<input checked="" type="checkbox"/> Temperature	<input checked="" type="checkbox"/> Weight

SaveCancel

Menu

Personal Trackers

Blood Pressure and Pulse

Cholesterol/Lipid

Daily Events

Diet

Exercise

Glucose (Self Tested)

Height

Mood

Pain

Respiration

Sleep

Stress

Temperature

Weight



MVAHJ: Health Report

The Health Report feature enables Veterans to **create** and **print** tailored reports from the data they enter into MVAHJ.

Then, they can bring their report for **review** **during appointments.**

Health Report

Important: Protect your information and your identity. Send your information to a safe site or device that someone you trust controls. Remember, once you have downloaded your information, it is your responsibility to keep it safe and private.

Healthcare Summary

The Healthcare Summary includes your most recently entered vital signs, current/active self-entered medical data, and personal contact information.

☒ Include Healthcare Summary

Detailed Medical and Personal Data



Includes detailed self-entered information from the My Medical and the Profile features. Select categories to include in your report.

<input type="checkbox"/> Contact Information	<input type="checkbox"/> Diagnoses	<input type="checkbox"/> Medications
<input type="checkbox"/> Allergies	<input type="checkbox"/> Surgeries	<input type="checkbox"/> Hospitalizations
<input type="checkbox"/> Family History	<input type="checkbox"/> Military History	

Tracked Data

☐ Include Personal Trackers

Date Range:

Start Date:  End Date: 

<input type="checkbox"/> Blood Pressure and Pulse	<input type="checkbox"/> Cholesterol/Lipid	<input type="checkbox"/> Glucose (Self Tested)
<input type="checkbox"/> Height	<input type="checkbox"/> Pain	<input type="checkbox"/> Respiration
<input type="checkbox"/> Temperature	<input type="checkbox"/> Weight	

☐ Include Other Trackers

☐ Goals (All Records)

Generate Report



MVAHJ: Additional Features

Feature	Description
My Reminders	Add reminders for appointments, medications, and preventative services
Notifications	Create notifications for entering tracker data and set the frequency and mode of delivery (e.g. email or in-app)
Contacts	Add health and personal contacts
Assessments	Take health assessment questionnaires, including: <ul style="list-style-type: none">• Health Status Self Assessment• Hospital Admission Care Assessment• Outpatient Care Assessment
Images & Documents	Upload and save images and documents related to health or military service



Using MVAHJ with Patient Viewer

- While MVAHJ is a stand alone tool patients can use to self-manage care, in the future, providers will also be able to use **Patient Viewer** to review certain information patients enter in MVAHJ
- Patient Viewer is a web application that allows providers with active VistA credentials to view patient information from: (1) EHR and (2) self-entered data in MVAHJ
- Using Patient Viewer, providers can:
 - View patient's self-entered meds and allergies
 - View all content in the My Story feature (e.g. goals, personal values, etc.)
 - Review the patient's agenda for their appointment
 - Review patient's responses to the three health assessments

Note: When data is entered into MVAHJ, providers do not receive a notification in Patient Viewer. This point is displayed to Veterans in the app and it is an important to remind patients that MVAHJ is not designed for synchronous communication between patients and care teams.



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MVAHJ: Use Cases



MVAHJ Use Case: Medical Visit Questionnaire

- VA Care Teams can use the information patients add to MVAHJ to facilitate the content for the Medical Visit Questionnaire
- The data in MVAHJ will assist the patient's care team in accessing up to date information needed for the questionnaire
- Using MyVA Health Journal, patients can:
 1. Generate a Health Report
 2. Print it out prior to their appointment
 3. Review the report with their care team during their appointment



MVAHJ Use Case: Family History

Current Challenge

- Patient's family history is essential information for informing care and understanding risks for chronic diseases
- Currently, gathering family history info and entering it into the EHR is often conducted during the start of an outpatient visit, where the pressure of time may be on the care team to enter this information quickly

How MVAHJ Can Help

- Using MVAHJ, patients can enter their family history before their appointment
- Then, for their appointment, the patient can print out a Health Report with their family history and bring it to review with their care team
- With the Health Report, there is a standardized manner for care teams to solicit family history and add it to the patient's EHR

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MVAHJ: Next Steps & Questions



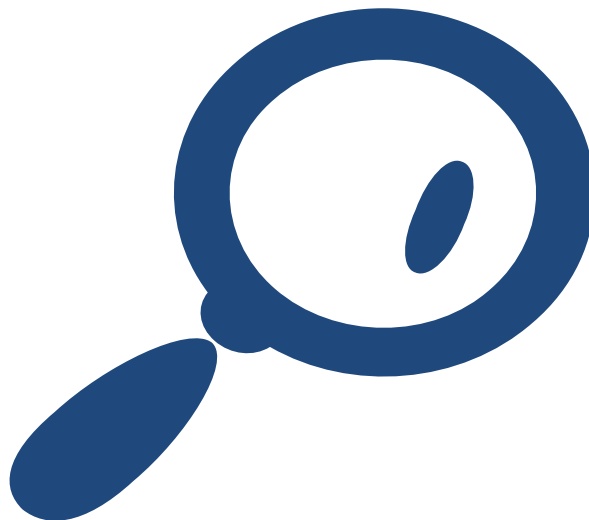
MVAHJ: Field Test Support

- MVAHJ will be field tested to gain app feedback and develop additional use cases prior to national release
- Are you interested in learning more about the application? Are you a staff-Veteran who would like to test the application OR do you know a staff-Veterans who might like to test?
- Please reach out to the email listed below. Your feedback is invaluable to inform this tool for supporting Veterans!

To learn more or help test, please reach out to MVAHJFieldTestSupport@va.gov.



Questions



If you have additional questions following this presentation, please reach out to [**MVAHJFieldTestSupport@va.gov!**](mailto:MVAHJFieldTestSupport@va.gov)



Questions

What future topics would you like to discuss?

Let us know by providing feedback at this link:

<https://www.surveymonkey.com/r/D5MK3QC>