

# 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.

There are two ways to use Mental Health Checkup:

- **Direct links**—Complete assessments using a link you receive in an email or text message. This does not require you to log in.
- **Patient Portal**—Use the online Patient Portal to view all your assessments, complete assigned assessments, and view graphs of your scores over time. NOTE: To use the Mental Health Checkup Patient Portal, you must have ID.me, DS Logon Level 2 (Premium) or My HealtheVet Premium account credentials.

## Getting Started

To start receiving email or text message notifications with direct links to your assessments, check that your contact information is up to date at [VA.gov](https://www.va.gov).

To start using the Mental Health Checkup Patient Portal:

1. Follow the email link from your provider or visit [mobile.va.gov/app/mh-checkup-veterans](https://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 the Mental Health Checkup Patient Portal, 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 taskbar with the status of your assessments. Select any of the following tabs on the taskbar to view more information related to your assessments:

- **Due**—View assigned assessments that are available for you to complete.
- **Completed**—View completed assignments.
- **Assigned**—View upcoming assignments.

Your name will be displayed in the top right corner of the screen from anywhere in the app. 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.



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Office of Connected Care

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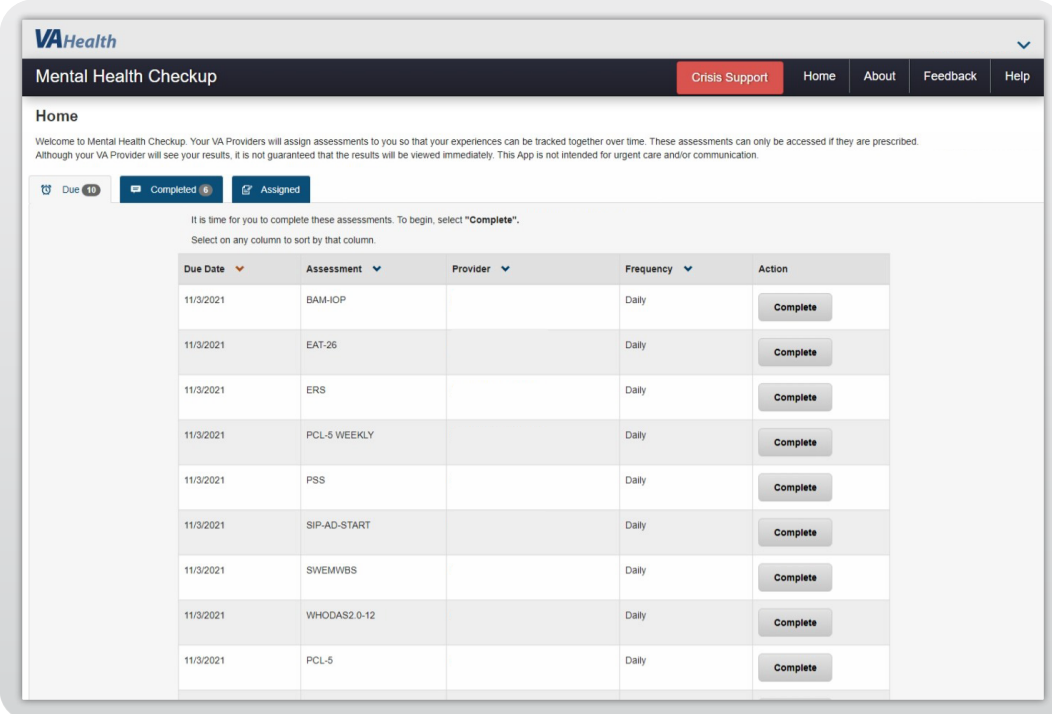
## Complete an Assessment

To complete an assessment without logging into the Mental Health Checkup Patient Portal, select the link provided in the email or text message you received. This will take you directly to the assessment, where you can complete and submit your responses.

To complete an assessment while logged into the Mental Health Checkup Patient Portal, 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. Your score will be saved and available for you and your provider to 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.



The screenshot shows the VA Health Mental Health Checkup app interface. At the top, there is a navigation bar with the VA Health logo and a dropdown arrow. Below the logo, the text "Mental Health Checkup" is displayed, followed by a red "Crisis Support" button and links for "Home", "About", "Feedback", and "Help". The main content area is titled "Home" and includes a welcome message. Below the message, there are three tabs: "Due" (with a notification icon), "Completed" (with a notification icon), and "Assigned" (with a notification icon). The "Assigned" tab is selected. Below the tabs, there is a message: "It is time for you to complete these assessments. To begin, select 'Complete'." and "Select on any column to sort by that column." Below this message is a table with the following columns: "Due Date", "Assessment", "Provider", "Frequency", and "Action". The table contains ten rows of assessment data, each with a "Complete" button in the "Action" column.

Due Date	Assessment	Provider	Frequency	Action
11/3/2021	BAM-IOP		Daily	Complete
11/3/2021	EAT-26		Daily	Complete
11/3/2021	ERS		Daily	Complete
11/3/2021	PCL-5 WEEKLY		Daily	Complete
11/3/2021	PSS		Daily	Complete
11/3/2021	SIP-AD-START		Daily	Complete
11/3/2021	SWEMWBS		Daily	Complete
11/3/2021	WHODAS2.0-12		Daily	Complete
11/3/2021	PCL-5		Daily	Complete

## View Completed Assessments

Select the **Completed** tab to view your completed assessments and scores. 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.

## 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](https://mobile.va.gov/app/mh-checkup-veterans).