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](http://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](http://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.

[mobile.va.gov/app/mh-checkup-veterans](http://mobile.va.gov/app/mh-checkup-veterans)
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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.

![VA Health Mental Health Checkup](image)

**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](mobile.va.gov/app/mh-checkup-veterans).