



MyHealthVet is VA's award-winning online Personal Health Record (PHR), located at www.myhealth.va.gov. It offers users access to health care information, resources, and tools anytime and anywhere.

How Do I Register?

- 1.) Type www.myhealth.va.gov in the address bar on your web browser, then press Enter. This takes you to VA's MyHealthVet website.
- 2.) On the right-hand side of the screen, click the Register Today button. Complete the registration page.
- 3.) Review and accept the Terms & Conditions and the Privacy Policy.
- 4.) Log into your MyHealthVet account and create your PHR.
- 5.) Use MyHealthVet to access VA health care and manage your health. If you are a VA patient, watch the In-Person Authentication (IPA) video online.
- 6.) Bookmark www.myhealth.va.gov
- 7.) Upgrade your account during your next VA clinic visit to get the most out of your PHR.

The South TX Veterans HCS has several clinics to serve you.



Frank M. Tejada Outpatient Clinic
5788 Eckhert Road
San Antonio, TX. 78240. PH: (210) 699-2100



Shavano Park Outpatient Clinic
4350 Lockhill-Selma Rd, Suite 200
San Antonio, TX. 78249. PH: (210) 949-3773



Balcones Heights Outpatient Clinic
522 Fredricksburg Rd. Suites A-10 & A-88
San Antonio, TX 78201. PH. 210-732-1802



South Bexar Outpatient Clinic
4610 E. Southcross Blvd. St 100
San Antonio, TX. 78222 Ph. 210-648-1491



North Central Federal Clinic
17440 Henderson Pass
San Antonio, TX . 79232 Ph. 210-483-2900



Kerrville Campus
3600 Memorial Blvd.
Kerrville, TX. 78028 Ph. 866-487-1653



Victoria Outpatient Clinic
1908 North Laurent St. Suite 150
Victoria TX. 77901 PH. 361-582-7700



Internal Medicine Outpatient Clinic
Audie L. Murphy
7400 Merton Minter Blvd
San Antonio TX. 78229 PH. 210-617-5300



GEM Outpatient Clinic
Audie L. Murphy
7400 Merton Minter Blvd
San Antonio TX. 78229 PH. 210-617-5300

Traveling Veterans Program



South Texas Veterans Health Care System





What is a Traveling Veteran Coordinator (TVC)?

A Traveling Veteran Care Coordinator is a VA employee who is a Registered Nurse (RN), Physician Assistant or Nurse Practitioner who assists Veterans on extended travel. TVCs help coordinate medical needs and facilitate care.

What does a TVC do?

The TVC will help you arrange non-emergency outpatient care and appointments you may need at another VA while you are on extended travel.

Why is this important?

VA wants to make sure you are provided with same quality of care and high standards while you travel.

Who is the TVC?

There is a TVC at your assigned health care system (preferred) and visiting (alternate) site. They will communicate to coordinate your care.



Thinking about visiting family in another state? Are you visiting us from northern states for the winter?

Start with this checklist to make VA health care a smooth experience for you.

Traveling Veteran Checklist

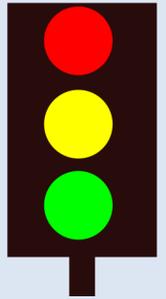
- Notify your Primary Aligned Care Team of travel destinations and dates, 4-6 weeks before you travel
- Notify PACT of temporary address and phone number
- Bring enough medications for your trip
- Name of the VA you would like to use while you are away
- As soon as you arrive, register at the local VA

If traveling out of the Continental US, you may need to go through the Foreign Medical Program for health care services:

<https://www.va.gov/COMMUNITYCARE/programs/veterans/fmp/index.asp>

PH: (303) 331-7590

Whether you're a South Texas enrollee or coming from other parts of Texas or the U.S., you will need to do the following when you travel.



Travel Information for Veterans

- Bring a copy of your health summary, medication list, and Primary Care team information.
- **Sign up for MyHealtheVet**
- Before you travel, see if you will need any lab testing, supplies, or medication while you are away.
- **Refill your prescriptions using the method you would normally use.**
- Refill your prescriptions 10-14 days before you run out.
- **Contact Traveling Veterans Care Coordinator for South Texas is: Betty Zickefoose, RN, BSN**
210-617-5300 ext. 15802