



# Do You See a Non-VA Health Care Provider?

VLER Health is a program that shares certain parts of your Veteran health record between the Department of Veterans Affairs (VA), the Department of Defense (DoD), and selected private health care providers over a secure and confidential network known as the eHealth Exchange. This program is **free** and voluntary for Veterans.

**How might VLER Health benefit me?** Many Veterans receive a portion of their care from non-VA health care providers. Sharing certain parts of your Electronic Health Record (EHR) will help reduce the need for patients and families to carry records between health care providers as well as allow your private health care provider to make more informed decisions about your care. In an emergency, immediate access to additional health care information could save your life.

**Who can view my health information?** Your non-VA health care provider in OCHIN and VA doctors will both be able to see certain parts of your health record and use it to create a better picture of your overall health.

**How do I join?** Signing up is fast and easy. You may sign up in person, through the mail, by fax, or online.

**Online:** Simply visit <https://www.ebenefits.va.gov> and complete the following 4 steps:

1. Click on **ACCESS MY DOCUMENTS** at the top of the page
2. Scroll down to the Health section & click **MANAGE MY AUTHORIZATIONS AND PREFERENCES (VLER)**
3. At the bottom of the page click on **SHARE YOUR ELECTRONIC HEALTH INFORMATION WITH NON-VA HEALTH CARE PROVIDERS**
4. Highlighted on this page you will find the "VLER Authorization Form" (to share your medical information) and the "VLER Health Revocation Form" (to stop sharing your medical information)
5. Print out and complete the Authorization form. Return it to your participating VAMC by fax, mail or in person

**PLEASE DO NOT EMAIL COMPLETED FORMS BACK TO THE VAMC**

**In Person:** We have two locations to serve you. In Portland you can find us in the Portland VA Medical Center, 3710 SW U.S. Veterans Hospital Road, Building 100, Room 1D-140. In Vancouver we're in the MyHealtheVet Program office, VAMC Vancouver Campus, 1601 E. Fourth Plain Blvd, Building 15, Room 230, Vancouver, Washington. When you're here just ask for a VA Authorization form (VA Form 10-0485), complete it, sign it and hand it back over to your friendly MyHealtheVet Specialist and you're done!

**By Fax:** If you prefer you can always fax your VA Authorization 10-0485 to the My HealtheVet Coordinator (Fax# (360) 737-1415).

**By Mail:** You can find a copy of the Authorization form (VA Form 10-0485) online by going to <http://www.va.gov/vaforms/medical/pdf/vha-10-0485-fill.pdf> filling it out, signing it and mailing it to us at:

MyHealtheVet Specialist, V4MHV  
1601 E. Fourth Plain, Vancouver, WA 98661

**Please do not email the VA Authorization form to the VA Medical Center.**

**What if I decide not to join?** Participation is entirely voluntary. Deciding not to participate will not affect your for a VLER Health benefits or your relationship with your doctor and/or the Portland VAMC.

**What if I join and later change my mind?** If you change your mind, you can visit your Portland VAMC website or call the toll-free VLER Health Information line at 1-877-771-VLER (8537) to request the VLER Health Revocation form to stop sharing your health information.

Please visit our internet site at [http://www.portland.va.gov/services/Virtual Lifetime Electronic Record VLER.asp](http://www.portland.va.gov/services/Virtual_Lifetime_Electronic_Record_VLER.asp) to download the forms and learn more about VLER Health.

If you would like to see which non-VA health care facilities are participating in this program, please visit the following website: [www.ochin.org](http://www.ochin.org).