Self-entered health information report

If you’re ever in crisis and need to talk with someone right away, call the Veterans Crisis line at **988**. Then select 1.

This report includes health information you entered yourself in the past. You can no longer enter or edit health information in My HealtheVet.

Your VA health care team can’t access this self-entered information. To share this information with your care team, print this report and bring it to your next appointment.

Name: Pat Wilson

Date of birth: January 1, 2001

Last updated at 10:47 a.m. EDT on September 25, 2024

Types of self-entered information in this report

* Activity journal
* Allergies
* Demographics
* Family health history
* Food journal
* Healthcare providers
* Health insurance
* Lab and test results
* Medical events
* Medications and supplements
* Military health history
* Treatment facilities
* Vaccines
* Vitals and readings

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We can’t access this information right now

We’re sorry. There was a problem with our system. Try downloading your report again later.

* Food journal
* Goals

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Last updated at 10:47 a.m. EDT on September 25, 2024

Self-entered activity journal

Showing 5 records from newest to oldest

March 28, 2023

**Day of week:** Tuesday

**Comments:** None entered

Gym weights

**Type:** Aerobic/cardio

**Measure:** Kilogram(s)

**Intensity:** Low impact

**Number of sets:** 1

**Number of reps:** 2

**Time of day:** Afternoon

March 22, 2023

**Day of week:** Wednesday

**Comments:** None entered

Gym weights

**Type:** Aerobic/cardio

**Measure:** Kilogram(s)

**Intensity:** Moderate impact

**Number of sets:** 2

**Number of reps:** 2

**Time of day:** Evening

March 21, 2023

**Day of week:** Tuesday

**Comments:** None entered

Cardio

**Type:** Aerobic/cardio

**Distance/duration:** 5

**Measure:** Mile(s)

**Intensity:** Low impact

**Number of sets:** 1

**Number of reps:** 1

**Time of day:** Morning

November 13, 2012

**Day of week:** Tuesday

**Comments:** None entered

Walked the golf course, twice

**Type:** Aerobic/cardio

**Distance/duration:** 5

**Measure:** Mile(s)

**Intensity:** Moderate impact

**Time of day:** Morning

March 22, 2011

**Day of week:** Wednesday

**Comments:** None entered

Jogged on treadmill

**Type:** Aerobic/cardio

**Distance/duration:** 1

**Measure:** Mile(s)

**Intensity:** Moderate impact

**Time of day:** Morning

Self-entered allergies

Remember to share all information about your allergies with your health care team.

Showing 4 records from newest to oldest

Cats & dogs

**Date:** February 08, 2024

**Severity:** Moderate

**Diagnosed:** No

**Reaction:** runny nose

**Comments:** None entered

Dairy

**Date:** March 15, 2023

**Severity:** Mild

**Diagnosed:** Yes

**Reaction:** Nausea

**Comments:** None entered

Flowers

**Date:** March 5, 2023

**Severity:** None entered

**Diagnosed:** None entered

**Reaction:** None entered

**Comments:** None entered

Grass

**Date:** March 5, 2023

**Severity:** None entered

**Diagnosed:** None entered

**Reaction:** None entered

**Comments:** None entered

Self-entered demographics

**First name:** Pat

**Middle name:** P

**Last name:** Wilson

**Alias:** None entered

**Date of birth:** January 1, 2001

**Birth sex:** Male

**Blood type:** B-

**Organ donor:** Yes

**Marital status:** Single

**Relationship to VA:** Patient, provider, advocate/family member/friend, caregiver, other

**Current occupation:** Doctor

**Home phone number:** 801-255-7317

**Work phone number:** 240-494-2864

**Pager number:** None entered

**Cell phone number:** 971-207-4771

**Fax number:** None entered

**Email address**: pat.wilson@va.gov

**Preferred method of contact:** Mobile phone

**Mailing or destination address:** 123 Test dr., St. Cloud, MN, 56303

Emergency contacts

**Contact first name:** Minnie

**Contact last name:** Mouse

**Relationship:** None entered

**Home phone number:** None entered

**Work phone number:** 801-422-9999

**Cell phone number:** None entered

**Email:** None entered

**Mailing address:** 123 Disney land

Self-entered family health history

Showing 6 records, alphabetically by relationship

Brother

**First name:** Mark

**Last name:** Wilson

**Living or deceased:** Living

**Health issues:** Back pain, allergies

**Other health issues:** None entered

**Comments:** None entered

Father

**First name:** Fred

**Last name:** Wilson

**Living or deceased:** Living

**Health issues:** Bronchitis, gallbladder stones, hearing loss, asthma

**Other health issues:** None entered

**Comments:** None entered

Mother

**First name:** Linda

**Last name:** None entered

**Living or deceased:** Living

**Health issues:** Allergies, asthma

**Other health issues:** None entered

**Comments:** Mom has asthma and allergies

Self

**First name:** Pat

**Last name:** Wilson

**Living or deceased:** Living

**Health issues:** Insomnia, breast cancer, pneumonia, allergies, gonorrhea, hepatitis a, ptsd, whooping cough

**Other health issues:** Lazy

**Comments:** None entered

Sister

**First name:** Lisa

**Last name:** Brown

**Living or deceased:** Living

**Health issues:** Join pain, eczema, asthma

**Other health issues:** None entered

**Comments:** None entered

Uncle - father’s side

**First name:** Todd

**Last name:** Harris

**Living or deceased:** Living

**Health issues:** Alcohol history social

**Other health issues:** None entered

**Comments:** None entered

Self-entered food journal

Showing 4 records from newest to oldest

February 08, 2023

**Day of week:** Wednesday

**Water consumed (number of 8oz glasses):** 3

**Comments:** None entered

Breakfast

**Food/beverage item:** Water

**Quantity:** None entered

**Serving size:** None entered

**Method of preparation:** None entered

Lunch

**Food/beverage item:** None

**Quantity:** .75

**Serving size:** 2

**Method of preparation:** Steamed

January 23, 2023

**Day of week:** Friday

**Water consumed (number of 8oz glasses):** 5

**Comments:** None entered

October 06, 2022

**Day of week:** Thursday

**Water consumed (number of 8oz glasses):** 10

**Comments:** None entered

Lunch

**Food/beverage item:** Beer

**Quantity:** 1

**Serving size:** 12

**Method of preparation:** None entered

October 18, 2019

**Day of week:** Friday

**Water consumed (number of 8oz glasses):** 6

**Comments:** Ate later in the day that intended.

Dinner

**Food/beverage item:** Bacon

**Quantity:** 12

**Serving size:** 12

**Method of preparation:** Fried

Snack

**Food/beverage item:** Cheese

**Quantity:** 1

**Serving size:** Slice

**Method of preparation:** Uncooked

Self-entered goals

This report shows all the goals you've entered in the past. You can no longer enter or edit goals in My HealtheVet.

Current goals

Showing 3 records, alphabetically by name

Exercise

**Description:** I will start exercising three times a week to build better cardio.

**Type:** Health

**Priority:** Goals second most important to me

**Goal start date:** August 01, 2016

**Goal end date:** None entered

**Completion:** No end date (ongoing)

**Strengths:** I want this

**Obstacles:** Kids

**Task:** Babysitter

**Task description:** Get a babysitter

**Task completion:** No end date (ongoing)

**Task start date:** April 20, 2017

**Task end date:** None entered

**Task repeats:** Twice a day

**Date task finished:** Not finished yet

**Task:** Go to gym

**Task description:** Physically enter the gym after leaving the kids

**Task completion:** No end date (ongoing)

**Task start date:** April 20, 2017

**Task end date:** None entered

**Task repeats:** Twice a day

**Date task finished:** Not finished yet

**Rewards:** None entered

No processed sugar

**Description:** I will stop eating foods that contain processed sugars.

**Type:** Health

**Priority:** Goals most important to me

**Goal start date:** June 24, 2016

**Goal end date:** None entered

**Completion:** No end date (ongoing)

**Strengths:** I like black coffee, I don’t eat candy

**Obstacles:** I love cookies, ice cream and apple pie.

**Task:** Don’t buy cookies, ice cream and apple pie

**Task description:** Avoid temptation

**Task completion:** None entered

**Task start date:** June 20, 2016

**Task end date:** None entered

**Task repeats:** None entered

**Date task finished:** Not finished yet

**Rewards:** Bag of carrots

Weight loss

**Description:** I will lose 1 pound/week over the next 30 weeks.

**Type:** Health

**Priority:** Goals most important to me

**Goal start date:** September 30, 2013

**Goal end date:** April 30, 2014

**Completion:** Has an end date

**Strengths:** I am exercising 5-6 days a week

**Obstacles:** I love cookies, ice cream, chocolate, cheesecake, mashed potatoes, french fries and pecan pie.

**Task:** Don't keep any carbohydrates in the refrigerator

**Task description:** Avoid temptation

**Task completion:** Has an end date

**Task start date:** March 01, 2014

**Task end date:** April 01, 2014

**Task repeats:** Every Monday, Wednesday, Friday

**Date task finished:** Not finished yet

**Rewards:** Bag of carrots

Completed goals

Showing 3 records, alphabetically by name

Eat healthier

**Description:** Eat more vegetables

**Type:** Health

**Priority:** Goals most important to me

**Goal start date:** May 18, 2019

**Goal end date:** May 18, 2019

**Completion:** Has an end date

**Date goal completed:** May 18, 2019

**Strengths:** None entered

**Obstacles:** None entered

**Task:** Keep more vegetables in the house

**Task description:** Buy more vegetables when at the grocery store

**Task completion:** May 18, 2019

**Task start date:** May 18, 2019

**Task end date:** May 18, 2019

**Task repeats:** One a week

**Date task finished:** May 18, 2019

**Rewards:** None entered

Lose 50lbs

**Description:** Eat more vegetables

**Type:** Health

**Priority:** Goals most important to me

**Goal start date:** August 03, 2016

**Goal end date:** None entered

**Completion**: No end date (ongoing)

**Date goal completed:** August 03, 2016

**Strengths:** None entered

**Obstacles:** Knee pain

**Task:** Try a new vegetable

**Task description:** None entered

**Task completion:** No ending date (ongoing)

**Task start date:** August 03, 2016

**Task end date:** None entered

**Task repeats:** Every Monday, Wednesday, Friday

**Date task finished:** August 03, 2016

**Rewards:** None entered

Take a vacation

**Description:** Plan a vacation to somewhere warm

**Type:** Health

**Priority:** Other goals

**Goal start date:** January 02, 2015

**Goal end date:** None entered

**Completion:** No end date (ongoing)

**Date goal completed:** June 22, 2016

**Strengths:** None entered

**Obstacles:** Really busy at work

**Task:** Book trip

**Task description:** Research where to go on vacation and then book it.

**Task completion:** Has end date

**Task start date:** January 02, 2015

**Task end date:** June 22, 2016

**Task repeats:** One a week

**Date task finished:** June 22, 2016

**Rewards:** Relaxing and having fun.

Self-entered healthcare providers

Showing 11 records, alphabetically by last name

Shuchi Chawla

**Type of provider:** Other clinician

**Other Clinician Information:** None entered

**Phone number:** 988-440-1122 Ext:

**Email:** None entered

**Comments:** None entered

Phil Connors

**Type of provider:** Specialist

**Other Clinician Information:** None entered

**Phone number:** 7034567895 Ext:

**Email:** None entered

**Comments:** None entered

John Davidson

**Type of provider:** Primary

**Other Clinician Information:** None entered

**Phone number:** (123)456-7890 Ext: 0U812

**Email:** providerfirstname@lastname.com

**Comments:** nice person

Nurse Dixie

**Type of provider:** Other clinician

**Other Clinician Information:** RN - home care

**Phone number:** 888-888-8888 Ext:

**Email:** Ndixie999@va.gov

**Comments:** Visits twice weekly.

John Eyetooth

**Type of provider:** Dentist

**Other Clinician Information:** None entered

**Phone number:** 7032241000 Ext:

**Email:** None entered

**Comments:** None entered

Meenu Goyal

**Type of provider:** Other clinician

**Other Clinician Information:** None entered

**Phone number:** 9783321122 Ext:

**Email:** None entered

**Comments:** None entered

Ted T. Logan

**Type of provider:** Other clinician

**Other Clinician Information:** None entered

**Phone number:** 7032241000 Ext:

**Email:** None entered

**Comments:** None entered

Douglas Newbold

**Type of provider:** Other clinician

**Other Clinician Information:** Oncology

**Phone number:** 801-555-9632 Ext:

**Email:** None entered

**Comments:** None entered

Nisha Patel

**Type of provider:** Primary

**Other Clinician Information:** None entered

**Phone number:** 7032241000 Ext:

**Email:** None entered

**Comments:** None entered

Tom Piper

**Type of provider:** Specialist

**Other Clinician Information:** Pulmonologist

**Phone number:** 7032241000 Ext:

**Email:** None entered

**Comments:** None entered

William Preston

**Type of provider:** Eye

**Other Clinician Information:** None entered

**Phone number:** 7032241000 Ext:

**Email:** None entered

**Comments:** None entered

Self-entered health insurance

Showing 2 records alphabetically by name

Secura

**ID number:** 88585858

**Group number:** 989859558

**Primary insurance provider:** Yes

**Start date:** July 1, 2020

**Stop date:** None entered

**Insured:** MHV VISN20

**Pre-approval phone number:** None entered

**Health insurance company phone number:** None entered

**Comments:** None entered

TRICARE

**ID number:** 5555555555

**Group number:** None entered

**Primary insurance provider:** No

**Start date:** July 29, 2020

**Stop date:** None entered

**Insured:** MHV VISN23

**Pre-approval phone number:** None entered

**Health insurance company phone number:** None entered

**Comments:** None entered

Self-entered lab and test results

Showing 5 records from newest to oldest

Glucose

**Date:** May 20, 2019

**Location performed:** None entered

**Provider:** None entered

**Results:** 101

**Comments:** None entered

Allergy test

**Date:** April 09, 2018

**Location performed:** Santa Monica VA

**Provider:** None entered

**Results:** Allergic to mold and dust

**Comments:** None entered

Blood

**Date**: October 12, 2017

**Location performed:** Oakland

**Provider:** None entered

**Results:** Results fine

**Comments:** None entered

Glucose

**Date:** October 12, 2017

**Location performed:** Santa Monica VA

**Provider:** None entered

**Results:** Results fine

**Comments:** None entered

Hemoglobin

**Date:** October 12, 2017

**Location performed:** Oakland VA

**Provider:** None entered

**Results:** Results normal

**Comments:** None entered

Self-entered medical events

Showing 7 records from newest to oldest start date

Broken toe

**Start date:** March 24, 2023

**Stop date:** None entered

**Response:** None entered

**Comments:** Stubbed big toe on coffee table

Sprained ankle

**Start date:** March 29, 2022

**Stop date:** None entered

**Response:** None entered

**Comments:** Stepped off a curb wrong.

Tumor removal

**Start date:** March 29, 2022

**Stop date:** March 30, 2022

**Response:** None entered

**Comments:** Squamous cell on right shoulder removed 3/29/22. Pathology confirms squamous cell. No follow up treatment required.

Myocardial infarction

**Start date:** January 01, 2021

**Stop date:** January 01, 2021

**Response:** None entered

**Comments:** None entered

Broke my ankle

**Start date:** October 31, 2017

**Stop date:** None entered

**Response:** Fell down the stairs

**Comments:** Doctor put me in a cast for 6 weeks.

Oral surgery

**Start date:** October 22, 2014

**Stop date:** None entered

**Response:** Needed a root canal

**Comments:** None entered

Knee replacement

**Start date:** January 22, 2005

**Stop date:** None entered

**Response:** None entered

**Comments:** Knee was bone on bone.

Self-entered medications and supplements

Showing 4 records, alphabetically by name

Baby Aspirin

**Category:** OTC

**Prescription Number:** None entered

**Strength:** 81mg

**Dose:** 1 tablet

**Frequency:** daily

**Start date:** August 18, 2017

**Stop date:** December 01, 2017

**Pharmacy name:** Walmart on HWY 42

**Pharmacy phone:** None entered

**Reason for taking:** None entered

**Comments:** None entered

Elderberry supplement

**Category:** Herbal

**Prescription number:** None entered

**Strength:** None entered

**Dose:** 2/d

**Frequency:** 2 per day

**Start date:** March 17, 2023

**Stop date:** March 24, 2023

**Pharmacy name:** None entered

**Pharmacy phone:** None entered

**Reason for taking:** None entered

**Comments:** None entered

Lemon drops

**Category:** Rx medication

**Prescription number:** None entered

**Strength:** 1 drop

**Dose:** Once a day

**Frequency:** Once a day

**Start date:** March 17, 2021

**Stop date:** None entered

**Pharmacy name:** Walmart on HWY 42

**Pharmacy phone:** 352376-1611

**Reason for taking:** Cough and dry throat

**Comments:** Salivary glad issues

Whey protein

**Category:** Supplement

**Prescription number:** NA

**Strength:** 20g

**Dose:** 1 scoop

**Frequency:** None entered

**Start date:** May 18, 2023

**Stop date:** None entered

**Pharmacy name:** None entered

**Pharmacy phone:** None entered

**Reason for taking:** None entered

**Comments:** None entered

Self-entered military health history

Showing 3 records from newest to oldest

Surviving the USS Liberty

**Event date:** July 06, 2017

**Service branch:** Navy

**Rank:** Lieutenant Commander

**Exposures:** Yes

**Location of service:** Overseas

**Onboard ship:** Yes

**Military occupational specialty:** Naval Aviator

**Assignment:** Fighter Squadron 218 operating from USS Liberty

**Exposures:** PTSD, smoke inhilation

**Military service description:** I was stationed aboard the USS Liberty on July 6, 2017, during what was supposed to be a routine surveillance mission in the Eastern Mediterranean. At around 1400 hours, without warning, Israeli jets launched an attack on our ship. The first wave of strikes hit us with rockets and napalm, setting parts of the ship ablaze and causing significant casualties. Despite the chaos, I rushed to the deck to assist with firefighting efforts and to aid the wounded. I recall pulling a severely injured sailor from the burning wreckage, his uniform charred and torn, and administering first aid while the assault continued.

As the assault persisted, torpedo boats joined the attack, and one of the torpedoes struck us midship, flooding the compartments and trapping crew members below deck. With water rapidly filling the ship, I joined a group working frantically to rescue those trapped below, wading through waist-deep water and debris to reach them. Despite our efforts, many of the men we pulled out were already gone.

The attack lasted nearly two hours, and by the time it ended, 34 of my shipmates were dead, and over 170 were wounded. In the aftermath, I helped with the grim task of recovering bodies, many of whom were unrecognizable due to the severity of their injuries. The scenes of destruction and the loss of my fellow sailors left a deep scar, and even now, the memories of that day return unbidden, triggering feelings that I continue to struggle with.

Combat Flight Operations in Vietnam

**Event date:** January 01, 2015

**Service branch:** Navy

**Rank:** Lieutenant Commander

**Exposures:** Yes

**Location of service:** Overseas

**Onboard ship:** Yes

**Military occupational specialty:** Naval Aviator

**Assignment:** Fighter Squadron 213 operating from USS Kitty Hawk

**Exposures:** While flying the 250 combat missions in the F-4 Phantom jet was exposed to anti-aircraft artillery, surface-to-air missiles, and enemy fighters that created concern, fear and anxiety.

Military service description: While avoiding air to air missiles and flak, dropped ordnance on military targets and anti-aircraft artillery sites. Likely killed many people. Had two brief encounters with enemy MIG fighters. Landed at Da Nang and Than San Nhut Air Bases in Vietnam. Primarily operated F-4 aircraft MHVZZVISNTWENTYTHREE, TEST PATU CONFIDENTIAL Page 1116 of 1138 from an aircraft carrier off Vietnam coast but was likely exposed to Agent Orange while in or over Vietnam.

USS Forrestal fire in Gulf of Tonkin

**Event date:** July 29, 2014

**Service branch:** Navy

**Rank:** Lieutenant

**Exposures:** Yes

**Location of service:** Overseas

**Onboard ship:** Yes

**Military occupational specialty:** Naval Aviator and Squadron Ordnance Officer

**Assignment:** Fighter Squadron 74 on board USS Forrestal CVA-59

**Exposures:** PTSD, smoke inhilation

**Military service description:** I was turning up my F-4 aircraft at 1052H July 29, 2014 aft on USS Forrestal's number 4 elevator. A 5" Zuni rocket fired from another squadron's F-4 and hit John McCain's A-4 aircraft in the fuel tank, which ignited a fire on the flight deck's port side. I left my aircraft which was later half destroyed by the conflagration that spread to below decks and the hangar deck. As the twelve 1,000 bombs began to explode on the flight deck, I helped a crewman with a compound fracture of the leg off the deck, directed all but one crewman out of a refueling station, crawled through a catwalk with flaming fuel spilling over the scupper above, and supervised an ordnance team disposing ordnance overboard. The next day I voluntarily searched for bodies and recovered a body without legs that causes PTSD issues.

Self-entered treatment facilities

Showing 3 records, alphabetically by name

Fargo VA Medical Center

**Facility Type:** VA

**VA Home Facility:** No

**Phone number:** 701-555-5555 Ext:

**Fax number:** None entered

**Mailing Address:** 2101 Elm street, Fargo, ND, United States, 58102

**Comments:** None entered

Honeywell Employees Clinic

**Facility Type:** VA

**VA Home Facility:** No

**Phone number:** 502-555-3232 Ext:

**Fax number:** None entered

**Mailing Address:** South City, VT, United States, 98501

**Comments:** None entered

UAT facility

**Facility Type:** VA

**VA Home Facility:** No

**Phone number:** Ext:

**Fax number:** None entered

**Mailing Address:** Ukraine, Test, 22240

**Comments:** None entered

Self-entered vaccines

Showing 5 records from newest to oldest

Yellow fever

**Other**: None entered

**Start date:** March 28, 2023

**Method:** Injection

**Reactions:** Chills

**Comments:** None entered

Rotavirus

**Other:** None entered

**Start date:** March 22, 2023

**Method:** Injection

**Reactions:** Weakness, Itching, Watering Eyes

**Comments:** None entered

Plague

**Other:** None entered

**Start date:** March 14, 2023

**Method:** Rectally

**Reactions:** Small Pupils, Drowsiness, Nausea/Vomiting

**Comments:** None entered

COVID-19 (Pfizer-BioNTech)

**Other:** None entered

**Start date:** February 21, 2023

**Method:** None entered

**Reactions:** Drowsiness

**Comments:** None entered

Self-entered vitals and readings

Blood pressure

Showing 4 records from newest to oldest

May 26, 2011

**Time:** 0800

**Systolic:** 153

**Diastolic:** 32

**Comments:** Restful sleep. Exercised last night

January 06, 2011

**Time:** 2359

**Systolic:** 127

**Diastolic:** 66

**Comments:** None entered

December 17, 2010

**Time:** 2359

**Systolic:** 126

**Diastolic:** 70

**Comments:** None entered

October 27, 2009

**Time:** 2359

**Systolic:** 190

**Diastolic:** 92

**Comments:** Started taking heart meds.