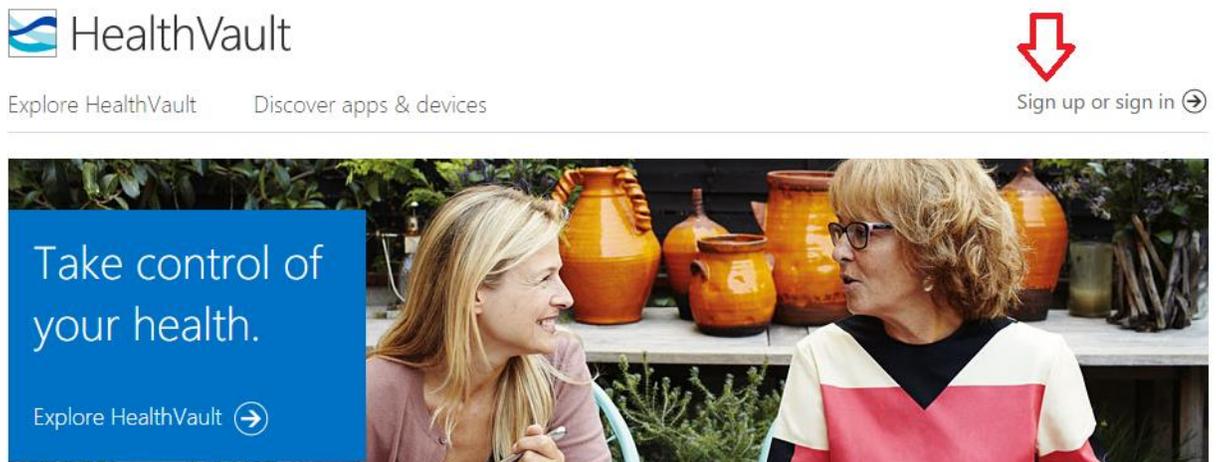# Microsoft Health Vault

The US government, in an attempt to have doctors provide patient better care now requires that every patient obtain a **Microsoft Health Vault** account. This is a way that your doctor can send you, in a secure fashion, a summary of your health records. It is free and fast. Please follow the steps below:
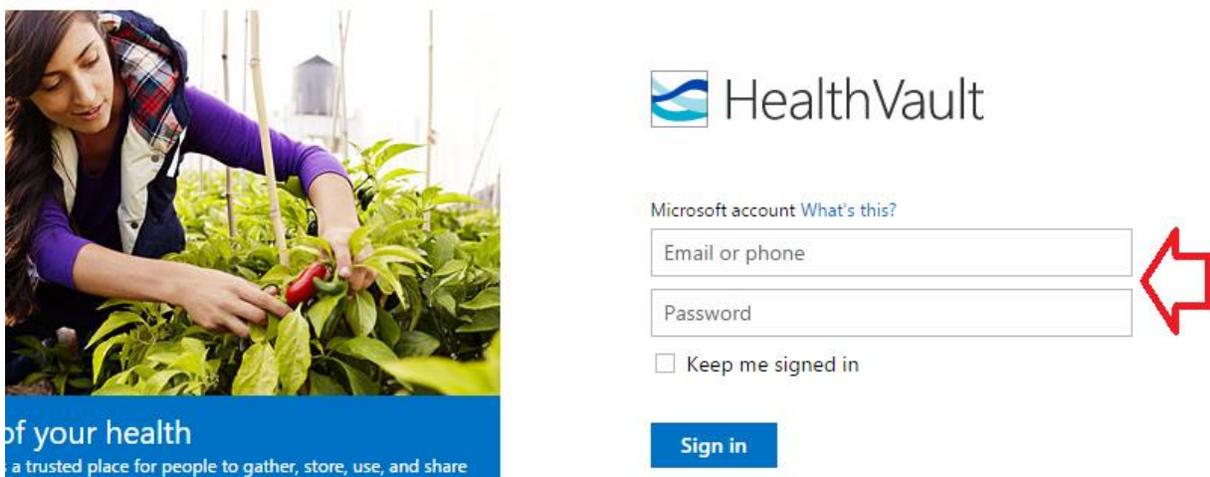
1) On your computer, type the following address into a web browser:

https://www.healthvault.com/us/en

2) On the upper right corner you will see, **"Sign up or sign it"**, click it.
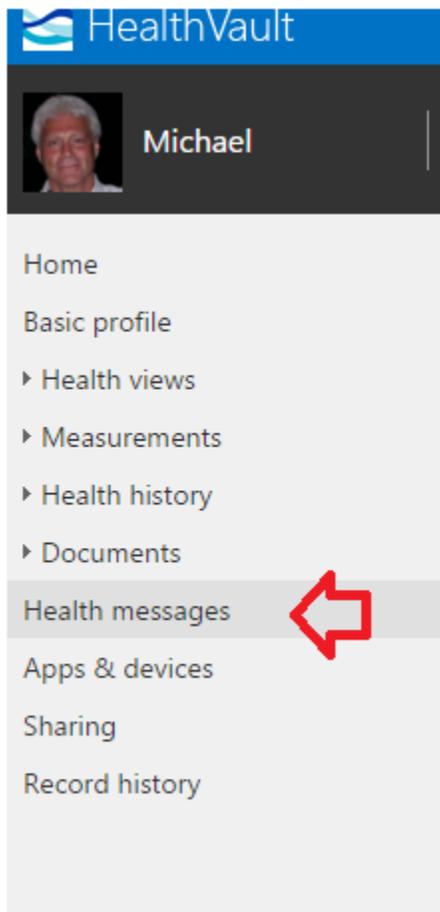

3) Next you add your Email or phone number and a Password

The site will have you fill out some health Information. In order to get the necessary "Direct Address", there are a few more steps.

What I need, is the "Direct Address" that this web site will supply, to get it, go to the menu on the right side of the page, select "Health Messages", and give me the address that is provided, (see example below)

HealthVault

Michael

Home

Basic profile

▸ Health views

▸ Measurements

▸ Health history

▸ Documents

Health messages

Apps & devices

Sharing

Record history

Michael Silbert's Direct address

✉ michael.silbert2458@direct.healthvault.com

Get information into HealthVault more easily

Select this option to have incoming information added directly to HealthVault.

☑ Add incoming message attachments as files