

VA Blue Button User Guide



Blue Button Download My Data

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For questions about using My HealtheVet, use the [Contact MHV](#) link at the top of every My HealtheVet page.

Introduction to the VA Blue Button

The **VA Blue Button** is a tool that gives you a detailed view of your My HealtheVet information. Throughout the **VA Blue Button**, the word [data](#) is used. We refer to information in your My HealtheVet as your **data**.

The **VA Blue Button** provides a view of data you entered in My HealtheVet. If you have registered for My HealtheVet as a VA Patient and have an upgraded [Premium](#) account* you may also view some information from your VA health record and/or Department of Defense (DoD) Military Service Information. Anytime and anywhere you can reach the Internet you can use the **VA Blue Button** to get your available My HealtheVet health information.

When you select the **VA Blue Button**, you can view and print your My HealtheVet data. You can also download your My HealtheVet data to a computer or other device (such as a [CD](#) or [thumb drive](#)). This lets you take your personal health information (data) with you. You can choose to share this with your health care team, caregivers or non-VA provider.

**To get a My HealtheVet Premium account, you will need to go through authentication. VA verifies a Veterans' identity by this process. This is done before allowing access to your VA health record.*

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What Is Needed to Use the VA Blue Button and What You May View

NOTE: To Use the **VA Blue Button** you must:

Have a My HealtheVet account - [Registration](#) is quick and easy.

Member Login
 User ID:
 Password:

 Forgot User ID?
 Forgot Password?
 First time My HealtheVet user? **Register today!**

- When you register, enter your First Name, Middle Name, Last Name, Date of Birth, Gender and Social Security Number. If you use the VA Health Care System, it is important that this information matches your VA electronic health record information. **TIP:** Use your Veterans Identification Card (VIC) information to match your VA electronic health record information.
- If you use the VA Health Care System, make sure you select the **VA Patient** checkbox (view sample below) when you register. This must be done before you get your upgraded [Premium](#) account. You will need to go through the [Authentication](#) process to upgrade your My HealtheVet account.

RELATIONSHIP TO THE VA

Do you use the VA Healthcare System? Selecting **VA Patient** is the first step to gain access to:

- VA Prescription Refills
- Secure Messaging
- VA Blue Button
- Key portions of your electronic VA health record
- DoD Military Service Information (for some).

Tell us about yourself. (Check all that apply. *At least one is required.)

<input checked="" type="checkbox"/> VA Patient	<input type="checkbox"/> Veteran Advocate/Family Member/Friend
<input type="checkbox"/> Veteran	<input type="checkbox"/> VA Employee
<input type="checkbox"/> Health Care Provider	<input type="checkbox"/> Other

If you use the VA Health Care System, here is a way you can check that you registered as a **VA Patient**:

- Login to My HealtheVet
- Select the **PERSONAL INFORMATION** tab
- Select the **Profiles** sub-tab
- Under **Relationship to the VA**, make sure you select the **VA Patient** checkbox if you use the VA Health Care System,
 - If **VA Patient** is not checked and you use the VA Health Care System, select this box
 - This will put a checkmark in the box
- Select the **Save** button at the bottom of the screen



My HealtheVet Account Types

Specific data in the **VA Blue Button** is available to you based on your My HealtheVet account type. All users who have a [Basic](#) account are able to view their self-entered information. If you are a VA patient, you can upgrade your account to [Advanced](#) or [Premium](#). These account types may allow you to view parts of your VA health record and/or DoD Military Service Information. For more information about account types and what you can view, visit [My HealtheVet Account Types](#).

If you have a **Basic** account, you can print, download or save the following *Self Reported* information:

- *Activity Journal, Self Reported*
- *Allergies, Self Reported*
- *Family Health History, Self Reported*
- *Food Journal, Self Reported*
- *Health Care Providers, Self Reported*
- *Health Insurance, Self Reported*
- *Immunizations, Self Reported*
- *Labs and Tests, Self Reported*
- *Medical Events, Self Reported*
- *Medications and Supplements, Self Reported*
- *Military Health History, Self Reported*
- *Treatment Facility, Self Reported*
- *Vitals and Readings, Self Reported*

If you have an **Advanced** account it includes all the features of a Basic account plus:

- *VA Medication History (limited to 2 years)*

If you have a **Premium** account, the VA Blue Button includes all the features of a **Basic** and **Advanced** account in addition to the following:

- *VA Admissions and Discharges*
- *VA Allergies and Adverse Reactions*
- *VA Appointments (future)*
- *VA Appointments (limited to past 2 years)*
- *VA Demographics*
- *VA Electrocardiogram (EKG)Reports (a list of reports)*
- *VA Immunizations*
- *VA Laboratory Results: Chemistry/Hematology/Microbiology*
- *VA Notes (Initially VA Notes written on or after January 1, 2013 will be available. In the future more historical VA Notes will become available)*
- *VA Problem List (active problems)*
- *VA Radiology Reports*
- *VA Surgical Pathology Reports (Surgical, Cytology and Electron Microscopy)*
- *VA Wellness Reminders*
- *VA Vitals and Readings*
- *VA Continuity of Care Document (VA CCD)*
- *DoD Military Service Information*

Upgraded Premium Account (Authenticated) Users and the VA Blue Button

To upgrade your My Health^eVet account, you will need to go through **authentication**. The VA verifies a Veterans' identity before allowing access to your VA health record by this process. This is done to protect your personal information. Before you can start to upgrade your account, you first need to be registered in My Health^eVet as a **VA Patient**. If you do not have an account, please take this time to [register](#).

After you have registered on My Health^eVet as a **VA Patient**, there are two ways to upgrade your My Health^eVet account:

1. In-Person Authentication (IPA)

Upgrade your account in person. This can be done at your local VA Medical Center or Community Based Outpatient Clinic (CBOC).

2. Online Authentication

Upgrade your account through www.ebenefits.va.gov. This is for users who have a connected eBenefits DS Logon Premium account & My Health^eVet VA Patient account.

In-Person Authentication can be done the next time you visit your local VA health care facility. Simply follow these three steps:

1. Print, read and sign the [VA Release of Information \(ROI\) form \(10-5345a-MHV\)](#) (PDF)
2. Take a copy of your signed form and government issued photo identification (Veterans Identification Card or valid driver's license) to your local VA health facility and give it to a qualified VA staff member
3. After the VA staff verifies your information, your My Health^eVet account can be upgraded.

Online Authentication is for users who have a connected eBenefits DS Logon Premium account and My Health^eVet VA Patient account. It can be done anytime, anywhere, 24/7, and you will not need to visit a VA facility. However, before you can start to upgrade your My Health^eVet account online, you need to:

- Be registered in My Health^eVet as a **VA Patient**
- Have an eBenefits/DS Logon Premium Account
- Have your My Health^eVet VA Patient account information match what is in [DEERS](#) (e.g., full name, Social Security Number, date of birth and/or gender)
- Connect your eBenefits/DS Logon and My Health^eVet Accounts.

After you have successfully connected your accounts, if you are a **VA Patient** in My Health^eVet and do not have an upgraded account, you will be asked if you would like to start to upgrade your account. Before you select **YES**, please follow these steps to start Online Authentication:

1. Download, print, and sign the [VA Release of Information \(ROI\) form \(10-5345a-MHV\)](#) (PDF)
2. Mail your signed form to the Release of Information Office at your local VA health care facility. You can use the [Facility Locator](#) to find the address
3. Select **YES - UPGRADE MY ACCOUNT**

Note: After you have mailed the VA Release of Information form, please allow up to 20 business days to complete the Online Authentication process.



General Information

- If you use the VA Health Care System and want to view parts of your official VA health record or DoD Military Service Information, you must complete the [authentication](#) process.
- To use the **VA Blue Button**, you need a computer with a browser and Internet access. Some people have Internet access in their home. Public libraries and Internet cafés also provide Internet access. If you want to download your health information using a public computer, consider saving your information to a [CD](#) or [thumb drive](#). You need to have access to a printer connected to the computer if you want to print your health information.
- You can get your **VA Blue Button** information in three file formats. You can download it in a format that is easy to read and print ([PDF file](#)), a simple text format ([.txt file](#)) or a custom Blue Button text format (.bluebutton file).
- You can also customize your **VA Blue Button** file by selecting the date range and/or the types of information to include. This will help you to create a file that meets your specific information needs.
- If you have an upgraded My HealthVet [Premium](#) account, you may also download your **VA Continuity of Care Document (VA CCD)**. This is an electronic document in an .xml file format. To learn more about this feature, visit [VA CDD](#).
- You are the only one who can access your health information in My HealthVet. You choose with whom to share your information. If you want someone else to access your health information, you must give it to that person.
- You are responsible for [protecting your personal health information](#) you print out or download. *It is important to protect your information.* Protect this information the same way you would protect your banking or credit card information. Do not leave your printed information in a printer. Do not save your downloaded information to a public computer. When using a public computer, save your health information to a CD or a thumb drive. Remember to take the CD or thumb drive with you when you finish.

IMPORTANT: Please note that any information entered in your My HealthVet account is for you only and is not shared with your VA facility. If you need to update the information in your official VA record, including the mailing address for your VA prescriptions, please contact the appropriate office at your local VA facility.

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How to Find the VA Blue Button



1. To use the **VA Blue Button** you have to be a registered My Health eVet user.

2. You can Login to your personal account from any page in My Health eVet. Enter your **User ID** and **Password** in the Member Login area and then select the **Login** button.

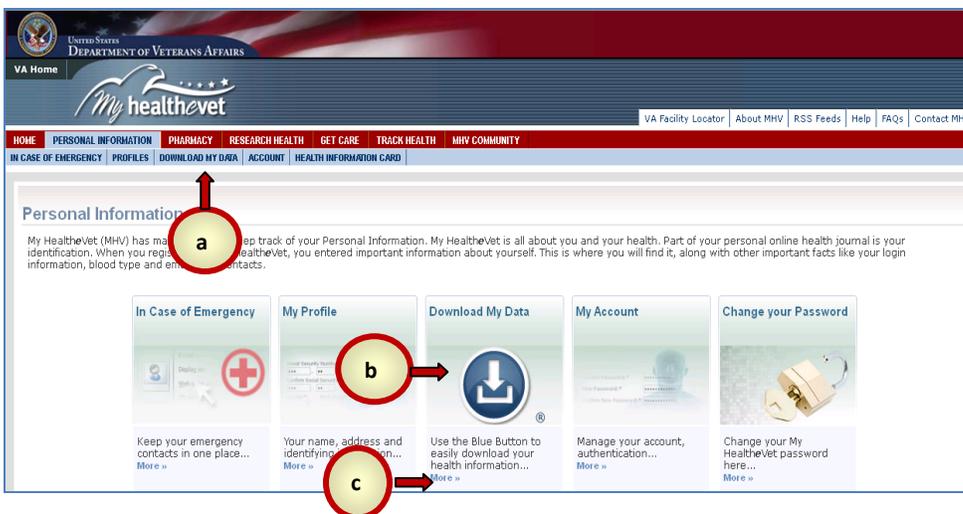
3. There are two ways you can access the **VA Blue Button**:

- You can select the **PERSONAL INFORMATION** tab at the top of the page. This will take you to the **PERSONAL INFORMATION** page.
- You can select the **Blue Button** icon. This will take you straight to the **Blue Button** page.

4. If you selected the **PERSONAL INFORMATION** tab, this page appears. There are three ways on the **PERSONAL INFORMATION** page to access the **Blue Button**.

You can:

- Select the **DOWNLOAD MY DATA** tab at the top of the page
- Select the **Blue Button** image in middle of the page 
- Or, select the word **More>>** under the **Blue Button** image.



Using the VA Blue Button

The **VA Blue Button** provides you information you may want to download. Having a copy of your health information may help you better manage your health care. You can share this information with your VA health care team. If you visit a non-VA health care provider, the **VA Blue Button** makes it easy to share your data with them too. The **VA Blue Button** helps you become a partner with members of your health care team.

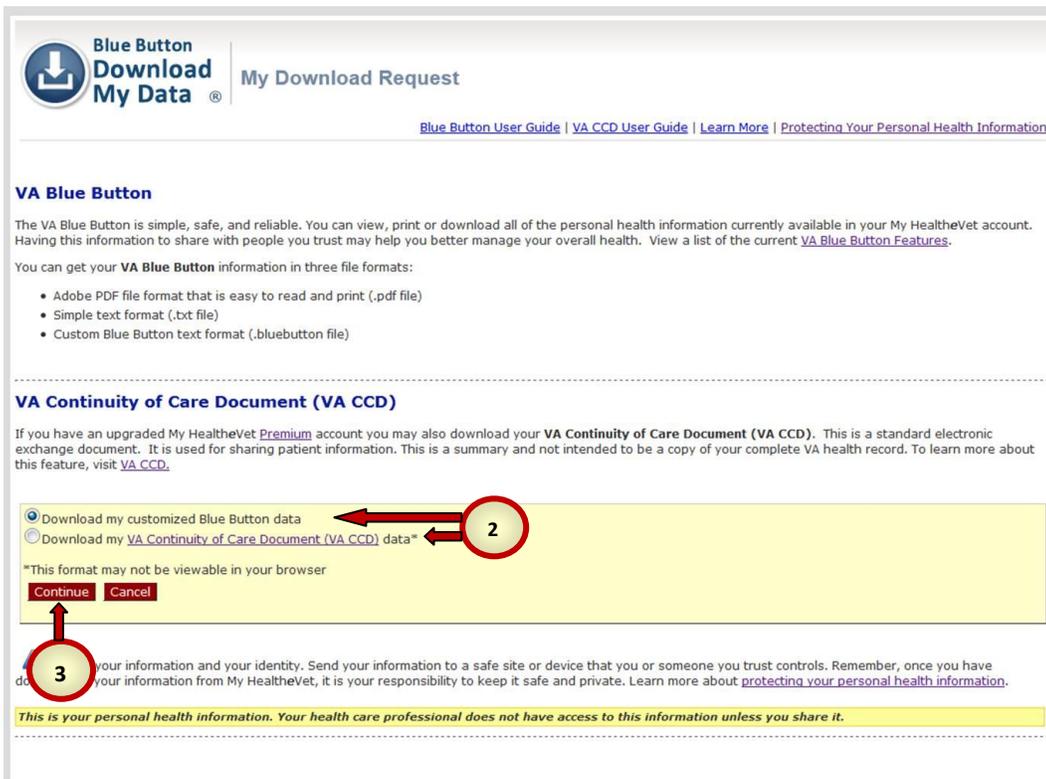
The **VA Blue Button** is simple, safe, and reliable. Use it to view, print or download information that is available in your My HealtheVet account. Having this information to share with people you trust may help you better manage your overall health. View a list of the current [VA Blue Button Features](#).

You can get your **VA Blue Button** information in three file formats:

- Adobe PDF file format that is easy to read and print (.PDF file),
- Simple text format (.txt file),
- Custom **VA Blue Button** text format (.bluebutton file).

If you have an upgraded My HealtheVet [Premium](#) account, you may also download your **VA Continuity of Care Document (VA CCD)**. This is a standard electronic exchange document. It is used for sharing patient information. To learn more about this feature, visit [VA CCD Frequently Asked Questions](#). Or you can select the link to the [VA CCD User Guide](#) located at the top of the My Download Request Page.

My Download Request



The screenshot shows the "My Download Request" page. At the top, there is a "Blue Button Download My Data" logo and the page title "My Download Request". Below the title are links for "Blue Button User Guide", "VA CCD User Guide", "Learn More", and "Protecting Your Personal Health Information".

The page is divided into two main sections:

- VA Blue Button**: This section explains that the VA Blue Button is simple, safe, and reliable. It lists three file formats: Adobe PDF, Simple text (.txt), and Custom Blue Button text format (.bluebutton file).
- VA Continuity of Care Document (VA CCD)**: This section explains that if you have a Premium account, you can download your VA CCD. It is a standard electronic exchange document used for sharing patient information.

At the bottom of the page, there is a yellow box with two radio button options:

- Download my customized Blue Button data
- Download my VA Continuity of Care Document (VA CCD) data*

Below these options is a note: "*This format may not be viewable in your browser". At the bottom of the yellow box are "Continue" and "Cancel" buttons. A red circle with the number "2" is around the radio button for "Download my VA Continuity of Care Document (VA CCD) data*", and a red arrow points from it to the "Continue" button. Another red circle with the number "3" is around the "Continue" button, and a red arrow points from it to the "Continue" button.

Below the yellow box, there is a warning message: "Your information and your identity. Send your information to a safe site or device that you or someone you trust controls. Remember, once you have your information from My HealtheVet, it is your responsibility to keep it safe and private. Learn more about [protecting your personal health information](#)." Below this is a yellow bar with the text: "This is your personal health information. Your health care professional does not have access to this information unless you share it."

To download your data:

1. **Login** to My HealtheVet and select **Blue Button**
2. If you have a [Premium](#) account, you will have an option to select one of the following files:
 - Download my customized Blue Button data
 - Download my VA Continuity of Care Document (VA CCD) data

NOTE: If you do not have a Premium account, these options are not available and you will only view the button to Continue.

3. Select the **Continue**

If you selected Download my customized Blue Button Data

The **VA Blue Button Download my Selected Data** page lets you choose what type of information you want to download. Having a copy of your health information may help you better manage your health care. You can share this information with your VA health care team. If you go to a non-VA health care provider, the **VA Blue Button** makes it easy to share your data with them too. The **VA Blue Button** helps you become a partner with members of your health care team.

There are many ways you can download your information. You can choose a date range, select the types of information you wish to include in your download or both. If data is not available (for a section that you have selected) you will receive a message in that section.

Blue Button
Download My Data[®] Download My Selected Data

Your information update is complete.

There are many ways you can download your information. You can choose a date range, select the types of information you wish to include in your download or both. Only sections that have available data will be included in your output.

Select Date Range

3 Months

6 Months

1 Year

Select Date Range

Start Date: May 28 2012

End Date: Nov 28 2012

Select Types of Information

Self Reported Information only

VA and DoD Information only

All Types of Information

Select one or more types of information

SELF REPORTED INFORMATION

Activity Journal, Self Reported

Allergies, Self Reported

Family Health History, Self Reported

Food Journal, Self Reported

Health Care Providers, Self Reported

Health Insurance, Self Reported

Immunizations, Self Reported

Labs and Tests, Self Reported

Medical Events, Self Reported

Medications and Supplements, Self Reported

Military Health History, Self Reported

Treatment Facility, Self Reported

Vitals And Readings, Self Reported

VA HEALTH INFORMATION

VA Admissions and Discharges *

VA Allergies *

VA Appointments * (future)

VA Appointments * (limited to past 2 years)

VA Demographics *

VA Electrocardiogram (EKG) *

VA Immunizations *

VA Laboratory Results: Chemistry/Hematology/Microbiology *

VA Medication History

VA Pathology Reports: Surgical Pathology/Cytology/Electron Microscopy *

VA Problem List *

VA Notes *

VA Radiology *

VA Vitals and Readings *

VA Wellness Reminders *

DoD INFORMATION

DoD Military Service Information *

* Requires an [upgraded account](#).

Select your information and your identity. Send your information to a safe site or device that you or someone you trust controls. Remember, once you have downloaded your information from this site, you are responsible for keeping it safe and private. Learn more about [protecting your personal health information](#).

Your personal health information. Your health care professional does not have access to this information unless you share it.

On the **Download My Selected Data** page you can:

1. Choose a **Date Range** to view and/or download your information:

- **3 months**
- **6 months**
- **1 year**
- **Select Date Range**

2. In the **Select Types of Information** section, choose the information you would like to view and/or download. You have four options:

- Self Reported Information Only
- VA and DoD Information Only
- All Types of Information
- Select one or more types of information (You will need to go to the checkboxes and make a selection)

3. Select

After selecting the Submit button, you will see the **My Download Results** page. Here you will be presented with the options for retrieving the information you have selected to download. This page gives you a table displaying the results of your download request for health information.

DOWNLOAD YOUR DATA					
File Contents	File Name	File Size	Request Date	Status	Option to Retrieve Data

- **File Contents** shows that you have **Selected Health Data**
- **File Name** shows you the name of the file to help you find it, if you decide to download
- **File Size** lets you know how large your file is
- **Request Date** shows you the date you made your request
- **Status** lets you know the status of your request (**Updates in Progress*** or **Ready to Download**)
- **Options to Retrieve Data** lets you choose if you want to download your data or just view or print your data

***Note:** If your status is **Updates in Progress** you can still download your file but it may not contain the most up-to-date information. You may want to come back later in the day to receive a ready to download file, since this means that the updates have been completed. This update occurs once per day.

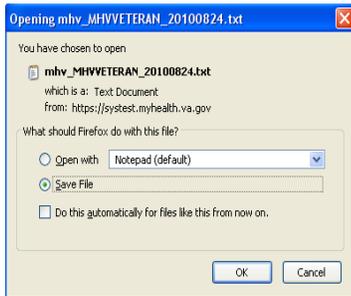
Download your Health Information to a File

You have three file format options that you can use to download and save your data. Select either:

1. **Download PDF File** for a format that is easy to read and print (PDF file)
2. **Download Text File** for a simple text format (.txt file)
3. **Download BlueButton File** as a custom Blue Button text format (.bluebutton file).

DOWNLOAD YOUR DATA

File Contents	File Name	File Size	Request Date	Status	Option to Retrieve Data
Selected Health Data	mhv_MHVASPXI_20121003.pdf	157 KB	03 Oct 2012 @ 0941	Updates in Progress	Download PDF File ← 1
Selected Health Data	mhv_MHVASPXI_20121003.txt	27 KB	03 Oct 2012 @ 0941	Updates in Progress	Download Text File 2 View/Print
Selected Health Data	mhv_MHVASPXI_20121003.bluebutton	27 KB	03 Oct 2012 @ 0941	Updates in Progress	Download BlueButton File 3



When you select one of the download options, a message box will ask if you want to save your information as a file. If you want to save a file, select **OK**; if not, select the **Cancel** button.

Your information is being updated...
Updates to your data are still in progress for the following types of information:

- VA Wellness Reminders
- VA Appointments
- VA Allergies
- VA Laboratory Results

If you proceed with your download while updates are in progress, you may not receive the most up to date information.

The results of your Blue Button download request are shown below.

You can:

- Download PDF file:** download your information in Adobe PDF format (.PDF) which is easy to read and print. You will be able to view and print it before saving the file. If needed, you can obtain a free copy of the Adobe Reader for PDF files at the [VA Viewer Software page](#).
- Download Text file:** download your information in a simple text format (.txt) which can be read and printed by almost any computer.
- Download Blue Button file:** download your information in a custom format (.bluebutton). This will make it easier for you to access and use your personal health information with other programs and services as they become available.
- View/Print:** view your information in the browser window and print it out.

Personal Health Information of MHVPAADLZ MHVASPXI

DOWNLOAD YOUR DATA

File Contents	File Name	File Size	Request Date	Status	Option to Retrieve Data
Selected Health Data	mhv_MHVASPXI_20121003.pdf	157 KB	03 Oct 2012 @ 0941	Updates in Progress	Download PDF File
Selected Health Data	mhv_MHVASPXI_20121003.txt	27 KB	03 Oct 2012 @ 0941	Updates in Progress	Download Text File View/Print 1
Selected Health Data	mhv_MHVASPXI_20121003.bluebutton	27 KB	03 Oct 2012 @ 0941	Updates in Progress	Download BlueButton File

It is important to **protect your personal health information**.

- You can cancel your download at any time.
- Be sure to save any downloads in a safe place.
- Anytime you download information from the Internet it is possible to create a temporary file on the computer you are using. Please be aware of this when opening a file on a computer you do not control.
- All requests to download your personal health information from My HealtheVet are tracked. You can see these requests in your [account activity history](#).
- Visit the [VA Blue Button Frequently Asked Questions](#) to learn more about the three file formats.

Cancel ← 2

Protect your information and your identity. Send to a safe site or device that you or someone you trust controls.

This is your personal health information. Your health care professional does not have access to this information unless you share it.

1. Select the **View/Print** button **View/Print** to display data on your screen or print the requested data.
2. Select the **Cancel** button **Cancel** if you no longer wish to view, print or download a copy of your data.

Personal Health Information Page

Personal Health Information of TESTE MHVJTESTE

The printable information appears within this border

----- MY HEALTHEVET PERSONAL HEALTH INFORMATION -----
*****CONFIDENTIAL*****
Produced by the Blue Button (v11.1)
12/01/2010 17:05

Name: MHVJTESTE, TESTE Date of Birth: 10/19/1957

----- DOWNLOAD REQUEST SUMMARY -----

System Request Date/Time: 12/01/2010 05:05 PM CST
User Request Type: Download all of my available data from My HealtheVet
File Name: mhv_MHVJTESTE_20101201.txt

----- MY HEALTHEVET ACCOUNT SUMMARY -----

Source: VA

Authentication Status: Authenticated
Authentication Date: 08/31/2010
Authentication Facility ID: S31

1 → **Print** **Done**

2 → **Print** **Done**

SAMPLE

This is a sample of how your data is shown when you select the **View/Print** **View/Print** button on the **My Download Results** page.

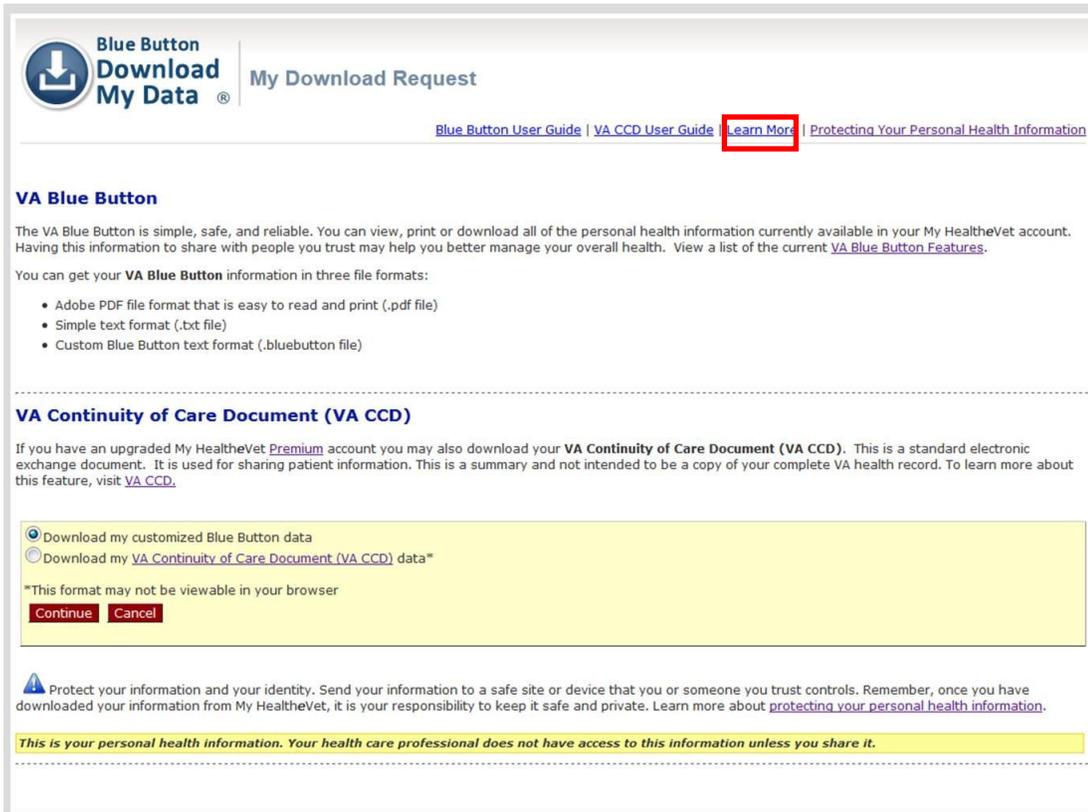
1. To print your data, select the **Print** **Print** button at the top of the page.
2. When you are done, select the **Done** **Done** button at the top of the page to go back to the **My Download Results** page.

If you choose to view the **VA Blue Button** in your browser window, the Download Request Summary section provides you with the following information:

- System request date and time
- The user request type
- File name

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At the top of the **My Download Request** page is a **Learn More** link.



Blue Button Download My Data | My Download Request

[Blue Button User Guide](#) | [VA CCD User Guide](#) | **Learn More** | [Protecting Your Personal Health Information](#)

VA Blue Button

The VA Blue Button is simple, safe, and reliable. You can view, print or download all of the personal health information currently available in your My HealtheVet account. Having this information to share with people you trust may help you better manage your overall health. View a list of the current [VA Blue Button Features](#).

You can get your **VA Blue Button** information in three file formats:

- Adobe PDF file format that is easy to read and print (.pdf file)
- Simple text format (.txt file)
- Custom Blue Button text format (.bluebutton file)

VA Continuity of Care Document (VA CCD)

If you have an upgraded My HealtheVet [Premium](#) account you may also download your **VA Continuity of Care Document (VA CCD)**. This is a standard electronic exchange document. It is used for sharing patient information. This is a summary and not intended to be a copy of your complete VA health record. To learn more about this feature, visit [VA CCD](#).

Download my customized Blue Button data
 Download my [VA Continuity of Care Document \(VA CCD\)](#) data*

*This format may not be viewable in your browser

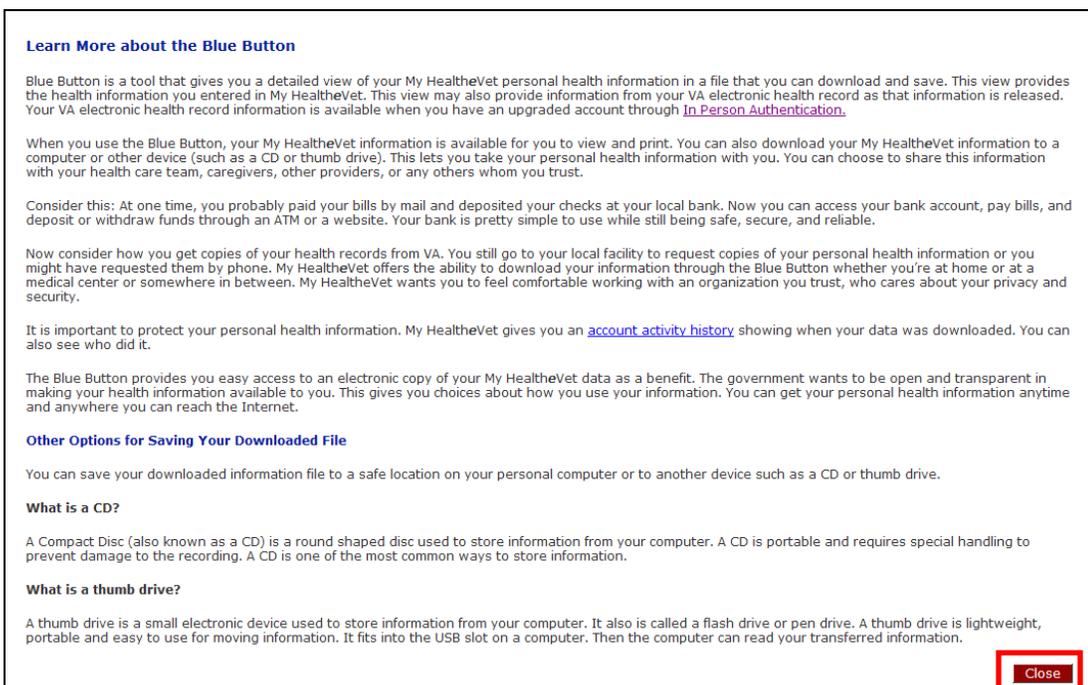
[Continue](#) [Cancel](#)

 Protect your information and your identity. Send your information to a safe site or device that you or someone you trust controls. Remember, once you have downloaded your information from My HealtheVet, it is your responsibility to keep it safe and private. Learn more about [protecting your personal health information](#).

This is your personal health information. Your health care professional does not have access to this information unless you share it.

To get more information on the VA Blue Button select the **Learn More** link.

The **Learn More** page gives you a brief summary of what the VA Blue Button is and the benefits of using the VA Blue Button.



Learn More about the Blue Button

Blue Button is a tool that gives you a detailed view of your My HealtheVet personal health information in a file that you can download and save. This view provides the health information you entered in My HealtheVet. This view may also provide information from your VA electronic health record as that information is released. Your VA electronic health record information is available when you have an upgraded account through [In Person Authentication](#).

When you use the Blue Button, your My HealtheVet information is available for you to view and print. You can also download your My HealtheVet information to a computer or other device (such as a CD or thumb drive). This lets you take your personal health information with you. You can choose to share this information with your health care team, caregivers, other providers, or any others whom you trust.

Consider this: At one time, you probably paid your bills by mail and deposited your checks at your local bank. Now you can access your bank account, pay bills, and deposit or withdraw funds through an ATM or a website. Your bank is pretty simple to use while still being safe, secure, and reliable.

Now consider how you get copies of your health records from VA. You still go to your local facility to request copies of your personal health information or you might have requested them by phone. My HealtheVet offers the ability to download your information through the Blue Button whether you're at home or at a medical center or somewhere in between. My HealtheVet wants you to feel comfortable working with an organization you trust, who cares about your privacy and security.

It is important to protect your personal health information. My HealtheVet gives you an [account activity history](#) showing when your data was downloaded. You can also see who did it.

The Blue Button provides you easy access to an electronic copy of your My HealtheVet data as a benefit. The government wants to be open and transparent in making your health information available to you. This gives you choices about how you use your information. You can get your personal health information anytime and anywhere you can reach the Internet.

Other Options for Saving Your Downloaded File

You can save your downloaded information file to a safe location on your personal computer or to another device such as a CD or thumb drive.

What is a CD?

A Compact Disc (also known as a CD) is a round shaped disc used to store information from your computer. A CD is portable and requires special handling to prevent damage to the recording. A CD is one of the most common ways to store information.

What is a thumb drive?

A thumb drive is a small electronic device used to store information from your computer. It also is called a flash drive or pen drive. A thumb drive is lightweight, portable and easy to use for moving information. It fits into the USB slot on a computer. Then the computer can read your transferred information.

[Close](#)

If you select the **Learn More** link, this is what you will view:

To leave the **Learn More** page, select the **Close** button at the bottom of the page. This will take you back to the page you were on when you selected **Learn More**.



Protecting Your Personal Health Information

At the top of the **My Download Request** page and the **My Download Result** page there is a link that takes you to information about the importance of protecting your personal health information.

Blue Button Download My Data | My Download Request

[Blue Button User Guide](#) | [VA CCD User Guide](#) | [Learn More](#) | [Protecting Your Personal Health Information](#)

VA Blue Button

The VA Blue Button is simple, safe, and reliable. You can view, print or download all of the personal health information currently available in your My HealthVet account. Having this information to share with people you trust may help you better manage your overall health. View a list of the current [VA Blue Button Features](#).

You can get your **VA Blue Button** information in three file formats:

- Adobe PDF file format that is easy to read and print (.pdf file)
- Simple text format (.txt file)
- Custom Blue Button text format (.bluebutton file)

VA Continuity of Care Document (VA CCD)

If you have an upgraded My HealthVet **Premium** account you may also download your **VA Continuity of Care Document (VA CCD)**. This is a standard electronic exchange document. It is used for sharing patient information. This is a summary and not intended to be a copy of your complete VA health record. To learn more about this feature, visit [VA CCD](#).

Download my customized Blue Button data
 Download my [VA Continuity of Care Document \(VA CCD\)](#) data*

*This format may not be viewable in your browser

[Continue](#) [Cancel](#)

Protect your information and your identity. Send your information to a safe site or device that you or someone you trust controls. Remember, once you have downloaded your information from My HealthVet, it is your responsibility to keep it safe and private. Learn more about [protecting your personal health information](#).

This is your personal health information. Your health care professional does not have access to this information unless you share it.

To read more about why it is important to protect your personal health data, select the [Protecting Your Personal Health Information](#) link.

Protecting Your Personal Health Information

The Department of Veterans Affairs takes safeguarding and protecting your information very seriously. You should, too. You control access to your personal information. It is your responsibility to keep your information private and protected. To help protect your privacy, MyHealthVet is providing you with some important points to remember:

Passwords

- Keep your passwords secret, safe and secure. If you need to write them down, put them in a safe, secure place
- You should not share your password with others. Treat your password like you would your credit card. Remember, your passwords open up records to your personal information
- Consider changing your password every so often or if you ever think someone might know what it is. (The recommendation is to change your password every three months.)
- Do not re-use your password on other sites. This may allow others to steal your password from less secure websites
- Choose a smart password. Your password is your first line of defense

Downloading Information

If you download your health or service information, make sure it is to a safe and secure location like:

- You may want to download your information to a CD or flash drive. If so, consider purchasing an encrypted flash drive. You may also encrypt or require a password to access a CD
- Keep your flash drive or other device in a safe place - just like you do all of your other important information
- When you no longer need the information on your flash drive or CD, erase it

Printing

- Keep paper copies in a safe and secure place like a locked desk drawer or a personal safe
- Make sure you take all printed pages from the printer. We know it is easy to get distracted and leave something behind, do not let that something be your personal information!
- Destroy paper copies you no longer need by shredding or burning them

Sharing

- If you share paper copies of your records or flash drives with family members or caregivers, make sure that they safeguard your information too!
- Avoid sharing your password with others. Remember, you control access to your personal health information. Protect it and keep it safe
- Do not share your VA Blue Button file by sending it to someone by email. Email is not secure and can travel over the Internet without protection

Email

- Email is not secure and can travel over the Internet without protection. Because of this, someone other than the sender can tamper with it
- You should not send emails that contain personal information. This includes social security number, full name, street address, birth date, mother's maiden name, or any information or combination of information that can be used to personally identify you or someone else
- If you wish to send your information by email, you need to use encryption software to protect your message and any file you attach to your email. You can learn much more from [US-CERT](#)

[Close](#)

To leave the **Protecting Your Personal Health Information** page, select the **Close** [Close](#) button at the bottom of the page. This will take you back to the page you were on when you selected **Protecting Your Personal Health Information**.

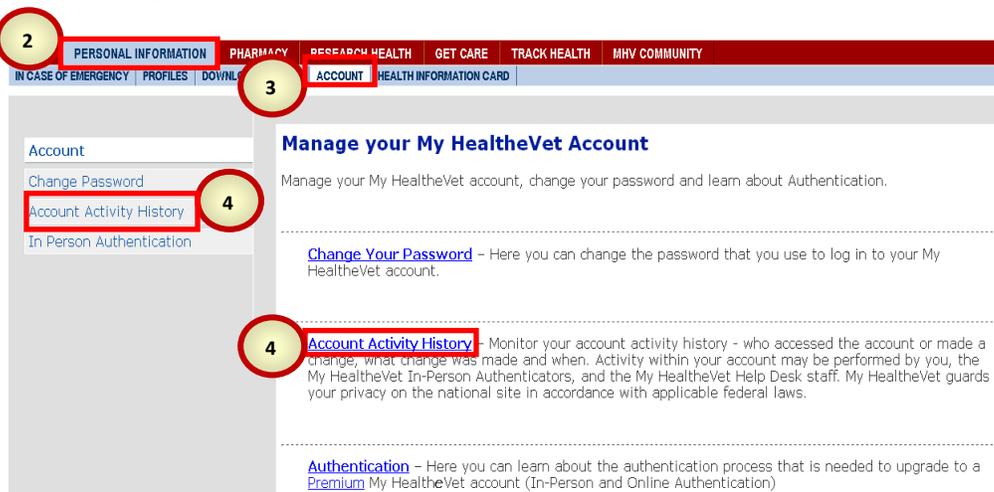
Throughout the VA Blue Button pages, there will be the following reminders about the importance of protecting your health information:

Protect your information and your identity. Send to a safe site or device that you or someone you trust controls.

Account Activity History

The **Account Activity History** lets you know who saw your account, when a change was made, and what the change was. With this feature, you can view and print up to **12 months** of your account activity. My HealtheVet guards your privacy. You can read more about this in the **Privacy & Security** link available at the bottom of each My HealtheVet page.

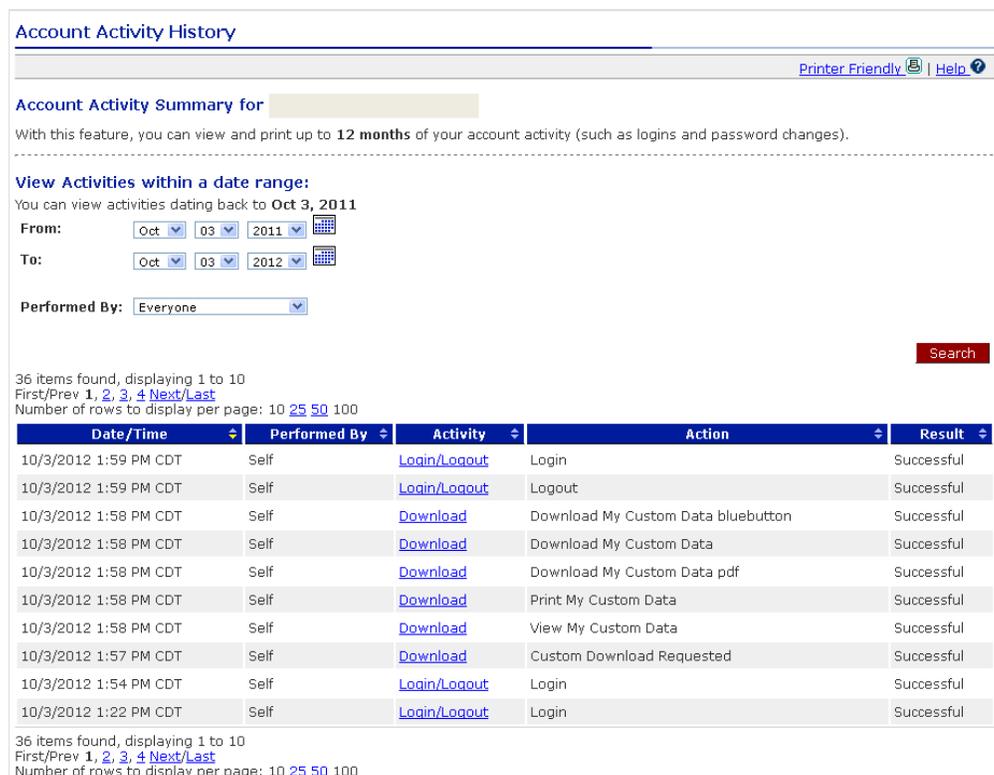
To View your Account Activity History



The screenshot shows the My HealtheVet account management interface. Callout 2 points to the 'PERSONAL INFORMATION' tab in the top navigation bar. Callout 3 points to the 'ACCOUNT' sub-tab. Callout 4 points to the 'Account Activity History' link in the left-hand menu.

To view your **Account Activity History**:

1. Login to your My HealtheVet account
2. Select the **Personal Information** tab at the top of the page
3. Select the **Account** sub-tab
4. Select **Account Activity History**.



Account Activity History

Account Activity Summary for [redacted]

With this feature, you can view and print up to **12 months** of your account activity (such as logins and password changes).

View Activities within a date range:
 You can view activities dating back to **Oct 3, 2011**

From: Oct 03 2011
 To: Oct 03 2012
 Performed By: Everyone

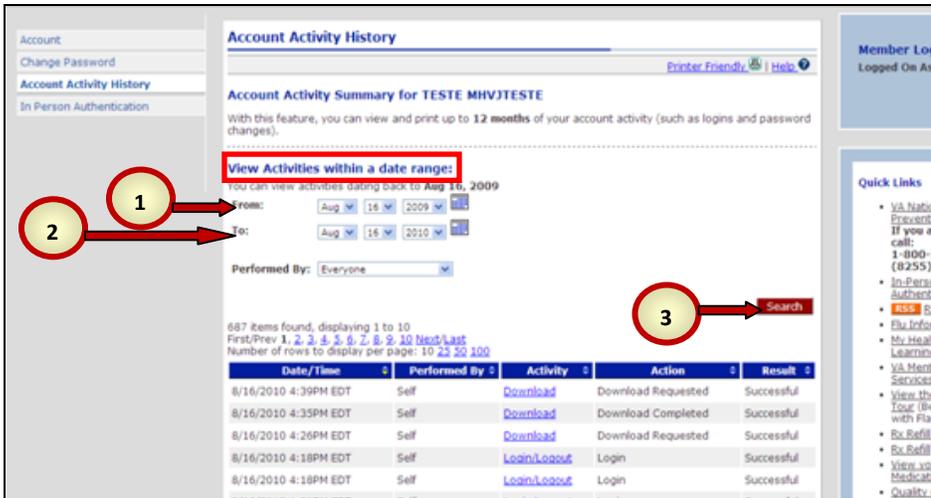
36 items found, displaying 1 to 10
 First/Prev 1, 2, 3, 4 Next/Last
 Number of rows to display per page: 10 25 50 100

Date/Time	Performed By	Activity	Action	Result
10/3/2012 1:59 PM CDT	Self	Login/Logout	Login	Successful
10/3/2012 1:59 PM CDT	Self	Login/Logout	Logout	Successful
10/3/2012 1:58 PM CDT	Self	Download	Download My Custom Data bluebutton	Successful
10/3/2012 1:58 PM CDT	Self	Download	Download My Custom Data	Successful
10/3/2012 1:58 PM CDT	Self	Download	Download My Custom Data pdf	Successful
10/3/2012 1:58 PM CDT	Self	Download	Print My Custom Data	Successful
10/3/2012 1:58 PM CDT	Self	Download	View My Custom Data	Successful
10/3/2012 1:57 PM CDT	Self	Download	Custom Download Requested	Successful
10/3/2012 1:54 PM CDT	Self	Login/Logout	Login	Successful
10/3/2012 1:22 PM CDT	Self	Login/Logout	Login	Successful

36 items found, displaying 1 to 10
 First/Prev 1, 2, 3, 4 Next/Last
 Number of rows to display per page: 10 25 50 100

When you open the **Account Activity History** page, you view a table with the type of activity, who did it, the date and time it was done, action and result. If there is activity you do not understand, please contact the My HealtheVet Help Desk by selecting the **Contact MHV** tab.

View Activities within a date range – lets you choose the dates for the activities you want to view.

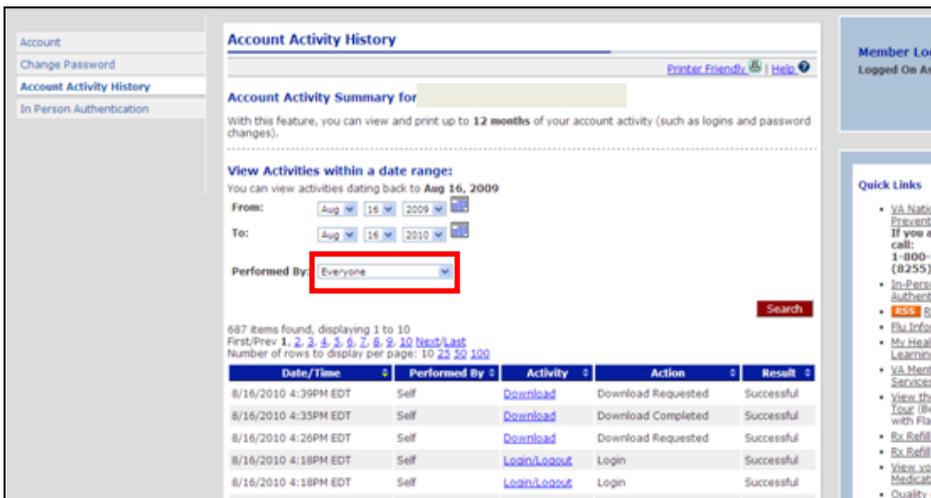


To set a date range:

1. In the **From:** section use the drop down lists to enter your start day, month, and year.
2. In the **To:** section use the drop down lists to enter your stop day, month, and year.
3. To view your activities within your chosen date range, select the **Search** button.

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View Activities Performed By – lets you sort activities based on who has accessed your account.



To sort activities based on who has accessed your account, choose one of the options from the **Performed By** dropdown list:

- Everyone
- Everyone But Self
- Help Desk Administrator
- MHV Authenticator
- Self
- System
- Unknown

Account Activity History – To View Details Page

To access a detailed view of your **Account Activity History**, select the link to the activity about which you want more information.

The screenshot shows the 'Account Activity History' page. It includes a sidebar with 'Account' options, a main content area with a search filter, and a table of activities. The table has columns for Date/Time, Performed By, Activity, Action, and Result. One row shows a 'Download' activity performed by 'Self' on 8/16/2010 at 4:39PM EDT, with the 'Download' link highlighted in red.

Date/Time	Performed By	Activity	Action	Result
8/16/2010 4:39PM EDT	Self	Download	Download Requested	Successful
8/16/2010 4:35PM EDT	Self	Download	Download Completed	Successful
8/16/2010 4:26PM EDT	Self	Download	Download Requested	Successful
8/16/2010 4:18PM EDT	Self	Login/Logout	Login	Successful
8/16/2010 4:18PM EDT	Self	Login/Logout	Login	Successful

You can view details about an activity by selecting the link for that activity under the **Activity** column.

This will take you to the **Details Page**.

Account Activity History – Details Page

The screenshot shows the 'Account Activity History' details page. It includes a header with 'VA Home' and 'My healthvet' logo, a navigation bar, and a main content area with a detailed view of a specific activity. The activity details are as follows:

Date/Time:	08/17/2010 10:57 CST
Performed By:	Self
Activity:	Download
Activity Details:	None
Action:	Download Requested
Result:	Successful

There is a 'Return to Summary' button at the bottom right of the details section.

The **Details Page** gives you information about a selected activity and includes:

- Date/Time
- Performed by
- Activity
- Activity details
- Action
- Results

Select the **Return to Summary**

Return to Summary button to return to the **Account Activity History** table.

If you chose to customize your download, your **Account Activity History** may show the following actions:

- Custom Download Requested
- View My Custom Data
- Print My Custom Data
- Download My Custom Data
- Download My Custom Data .pdf
- Download My Custom Data bluebutton
- Download My VA CCD
- VA CCD Download Requested



Frequently Asked Questions, Help and Contact MHV

At the top of every page is a white bar where you can get support.

Select **FAQs** to take you to **Frequently Asked Questions** and get answers to common questions about the **VA Blue Button**.

Select **Help** to find more information about the page you are viewing.

Select **Contact MHV** to send a message to the My HealthVet Help Desk.

The screenshot shows the top portion of the My HealthVet website. At the top left is the United States Department of Veterans Affairs logo. Below it is the 'VA Home' link and the 'My healthvet' logo. A search bar is located to the right of the logo. Below the search bar is a navigation menu with the following items: HOME, PERSONAL INFORMATION, PHARMACY, RESEARCH HEALTH, GET CARE, TRACK HEALTH, and MHV COMMUNITY. Below this menu is another row of links: LEARN ABOUT, WHAT'S NEW?, and COMING SOON. The main content area is divided into several sections:

- Service Interruptions:** A text block explaining that some Veterans may be unexpectedly 'bumped off' after logging on due to system improvements. It advises contacting local VA pharmacies and medical centers for more information.
- New Registration:** A text block stating that from 4:00 p.m. (EDT) Saturday, September 29 until 3:00 p.m. (EDT) Sunday, September 30, new VA Patient registrations are not possible while the system is undergoing maintenance.
- In the Spotlight:** A section featuring a photo of a group of people and the headline 'Back to School: Transitioning from Servicemember to Student'.
- Upgrading to a Premium Account:** A section explaining that Veterans using the VA health care system need to go through 'authentication' to upgrade to a Premium account.
- Member Logout:** A section showing the 'Logged On As:' field and a 'Logout' button.
- Quick Links:** A list of links including 'Veterans Crisis Line', 'Authentication', 'RSS', and 'RSS Feeds'.
- Download My Data:** A link with a download icon.
- Prescription Refill:** A link with a pill icon.

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Data

Data is your health information in words and numbers. The VA Blue Button refers to health information and numbers you entered in your My Health^eVet account and the copies from your official VA electronic health record as your data.

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Compact Disc (CD)

A Compact Disc (also known as a CD) is a round disc used to store information from your computer. A CD is portable and requires special handling to prevent damage to the recording. A CD is one of the most common ways to store information.

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Thumb drive

A thumb drive is a small electronic device used to store information from your computer. It is also known as a flash drive or pen drive. A thumb drive is lightweight, portable and easy to use for moving information. It fits into the USB slot on a computer. Then the computer can read your transferred information.

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Authentication

Authentication is a process used to verify a My Health^eVet user's identity before allowing them access to their VA health record. This process must be completed to get an upgraded [Premium](#) My Health^eVet account.

Veterans with an upgraded Premium account are able to:

- View **VA Chemistry/Hematology** Lab results
- Receive information on their **VA Appointments**, including email reminders
- View **VA Allergy and Adverse Reactions** records
- Receive **VA Wellness Reminders**
- View additional parts of their VA health record, as they become available
- Use **Secure Messaging** to communicate with their VA health care team
- View Department of Defense (DoD) **Military Service Information** (for some Veterans)

Veterans can upgrade their account through either In-Person or Online Authentication. Before Authentication can occur, a Veteran must be:

- Enrolled at a VA health care facility
- Registered as a **VA Patient** in My Health^eVet

To upgrade their account online, a Veteran will also need to:

- Have a DS Logon Premium Account
- Have their My Health^eVet account information (full name, Social Security Number, date of birth, and gender) exactly match what is in [DEERS](#)
- Connect their DS Logon Premium account and their My Health^eVet account (to learn more, visit [Connecting Accounts: Frequently Asked Questions](#))

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VA Continuity of Care (VA CCD)

A CCD is an electronic document in an .xml file format*. It uses recognized standards to support the effective exchange of information between health care systems and/or providers.

The goal of a CCD is to:

- Provide a summary of a patient's essential health and medical care information that can be used for the continued care of the patient.
- Allow for information about the patient in one health system to be exchanged with another health system that is providing care to the patient.
- Be used by patients within other computer applications or systems that can accept this type of file.

Note: *.xml is a kind of file format that stands for Extensible Markup Language. It is only viewable to computer applications that have the capability to read or process .xml files.*

The **VA Continuity of Care Document (VA CCD)**, contains essential health and medical care information from your VA Electronic Health Record. The **VA CCD** was designed to allow you to share a summary of your VA health information with a non-VA health care system or provider.

At this time, the **VA CCD** can only be read by a computer application that has the capability to read or process an .xml file. Some computer application browsers (such as Firefox or Internet Explorer), may or may not allow the .xml file to be human-readable.

For more information about the **VA CCD**, visit the [Frequently Asked Questions](#).

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