



VA Blue Button User Guide



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My HealthVet VA Blue Button Quick Start Guide

Below are steps to download your **My HealthVet VA Blue Button** personal information report.

Step 1 – Login to your My HealthVet account

[Login or Register](#)

Step 2 – Locate and select the



[Health Records](#)

or

[Medical Reports](#)

link

Step 3 – Select **Continue** on the **Select Type of Report** page

Step 4 – Select the types of information for your report, and click **Submit**

Step 5 – Choose an option to download your data

[Download PDF File](#)

or

[Download Text File](#)

Step 6 – Optional: Choose

[View/Print](#)

for **Download PDF File** or
Download Text File

NOTE: To print the **PDF File**, hover your mouse pointer over **CONFIDENTIAL** at the top and the printer icon appears

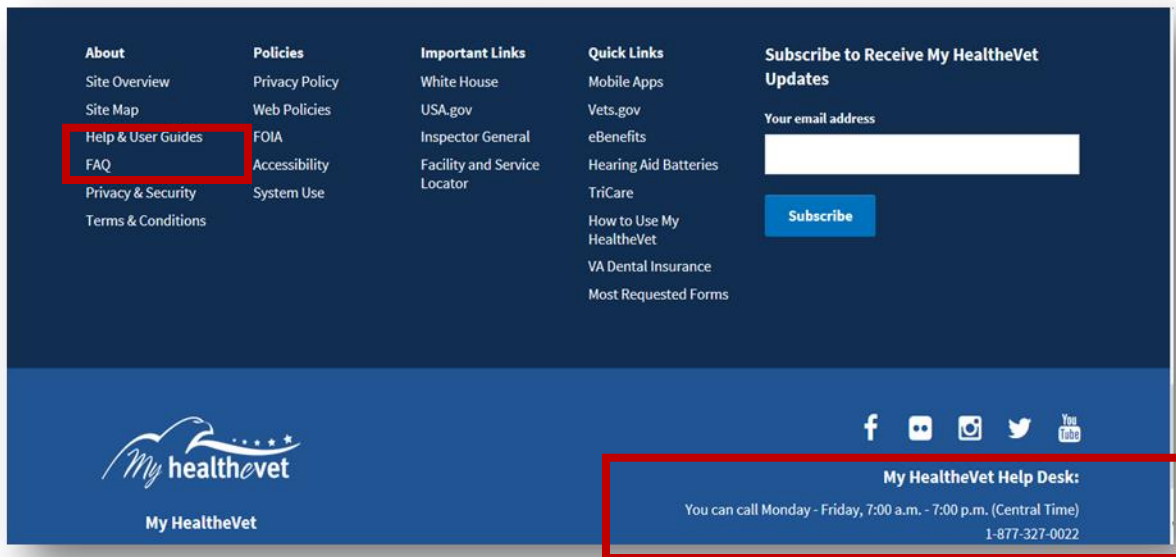
Step 7 – Select **Done** after printing

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Where to Find Help

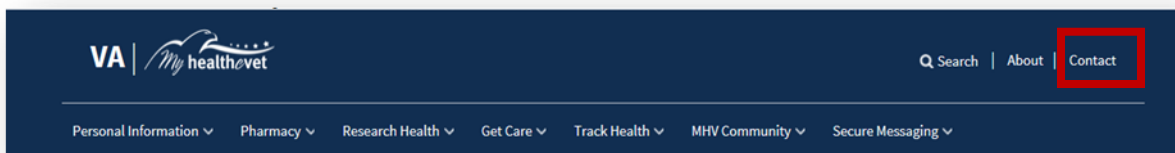
Frequently Asked Questions, Help and Contact MHV

- (1) Select **FAQ** to go to **Frequently Asked Questions** and get commonly asked questions and answers about VA Blue Button.
- (2) Select **Help & User Guides** for general guidance on using My HealtheVet and User Guides for My HealtheVet features.



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- (3) Select **Contact** to send a message to the My HealtheVet Help Desk or contact them using the telephone number above.



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My HealthVet VA Blue Button – Feature Overview



My HealthVet VA Blue Button is a feature that allows you to view, print, download and save available VA health information ([data](#)) in your My HealthVet account. VA Blue Button is simple, easy to use, private and secure. Anytime and anywhere you can access the Internet, you may use the VA Blue Button.

You may be able to access specific VA Blue Button features based on your My HealthVet account type. The three account types available are: **Basic**, **Advanced** and **Premium**. For more information about these accounts, go to [My HealthVet Account Types](#). To view information from your VA health record or Department of Defense (DoD), you need to have an **Advanced** or **Premium** HealthVet Account.

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 with them, too. VA Blue Button helps you become a partner with members of your health care team.

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

You can get your VA Blue Button information in two file formats. You can download it in a format that is easy to read and print (.pdf file) or a simple text format (.txt file).

Please be aware: Anytime you open/download a .pdf file, you create a temporary file on the computer you are using. There is a risk of exposing your information when you download a .pdf file, especially on public or shared computers. Learn more about protecting your personal health information.



NOTE: *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 have access to your health information, you must give it to that person.*

You are responsible for protecting your personal health information when you print or download it. 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.

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Let's Get Set Up

What is needed to use the VA Blue Button?

- **Internet Access**

To use the **VA Blue Button**, your computer should have an Internet browser (see [My HealthVet Browser Compatibility](#)). You also need access to the Internet. If you do not have Internet access at home, you can use public libraries or Internet cafes.

You may also use computers at your local VA Medical Center, Vet Center, or at your local Veteran Service Organization.

Save your health information to a [CD](#), [thumb drive](#), or [mobile device](#) when using a public computer. If using a public computer, be sure to log out after you have finished. You need to have access to a printer connected to the computer if you want to print your health information.

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Please be aware: Anytime you open/download a .pdf file, you create a temporary file on the computer you are using. There is a risk of exposing your information when you download a .pdf file, especially on public or shared computers. Learn more about protecting your personal health information.

- **My HealthVet Registered Account**

Before you can use the VA Blue Button, you must be registered and logged in to your My HealthVet account. If you do not have a My HealthVet account, please take this time to [register](#).

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- **My HealthVet Account Types Access**

Information that you have entered into My HealthVet is labeled as *Self-Reported*. Information from the VA Electronic Health Record (EHR) is labeled as *VA*.

The following are tables of the health information in VA Blue Button. You may print, download or save this information based on your My HealthVet account type.

NOTE: Some information that comes from your VA health record may not be presented right away in My HealthVet or your VA Health Summary. This is because your information may first need to be reviewed by a member of your VA health care team. The information below gives you the length of time until your VA information is available for display in your VA Blue Button report.

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A [Basic](#) account includes the following types of health information:

HEALTH INFORMATION	DATA SOURCE	BASIC	ADVANCED	PREMIUM
Activity Journal	Self-Reported	✓		
Allergies	Self-Reported	✓		
Demographics	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	✓		
My Goals (Current Goals and Completed Goals)	Self-Reported	✓		
Treatment Facilities	Self-Reported	✓		
Vitals and Readings	Self-Reported	✓		

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If you have an [Advanced](#) account, it includes the features of a [Basic](#) account plus the following information:








HEALTH INFORMATION	DATA SOURCE	BASIC	ADVANCED	PREMIUM
VA Medication History – includes your VA medications (if you select this, your VA Blue Button automatically also includes VA Allergies and Adverse Reactions, and Self-Reported Allergies)	VA EHR		✓	
VA Allergies – includes your VA Allergies information	VA EHR		✓	

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If you have a [Premium](#) account, it includes all the features of an [Advanced](#) and [Basic](#) account in addition to the following information:

HEALTH INFORMATION	DATA SOURCE	BASIC	ADVANCED	PREMIUM
VA Admissions and Discharges Summaries (Discharge Summaries are available 3 calendar days after they are completed)	VA EHR			✓
VA Appointments (future) appointments scheduled in the next 6 months	VA EHR			✓
VA Appointments (limited to past 2 years)	VA EHR			✓
VA Demographics	VA EHR			✓
VA Electrocardiogram (EKG) History (a list of EKG studies performed at VA Treating Facilities)	VA EHR			✓
VA Immunizations	VA EHR			✓
VA Laboratory Results – Chemistry/Hematology /Microbiology – VA Laboratory Results are available 3 calendar days after they have been verified. Depending on the type of test, some laboratory results may not be available right away.	VA EHR			✓

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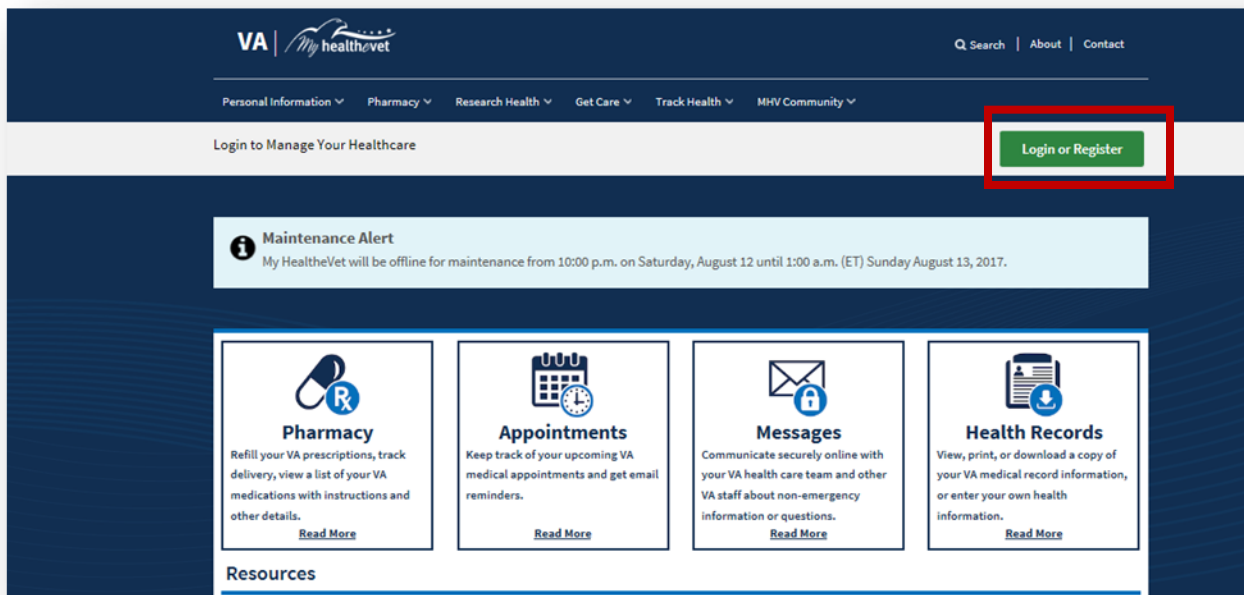
HEALTH INFORMATION	DATA SOURCE	BASIC	ADVANCED	PREMIUM
VA Pathology Reports – Surgical Pathology/Cytology/Electron Microscopy – VA Pathology Reports are available 14 days after completion. Some studies done at a non-VA facility may not be available or they may not necessarily include an interpretation.	VA EHR			
VA Problem List – The VA Problem List contains active health problems your VA providers are helping you manage. This information is available 3 calendar days after it has been entered. It may not contain active problems managed by non-VA health care providers.	VA EHR			
VA Notes – VA Notes written from January 1, 2013 forward are available 3 calendar days after completion and signed by all required members of your VA health care team.	VA EHR			
VA Radiology Reports – VA Radiology Reports are available 3 calendar days after they have been completed. Some studies done at a non-VA facility may not be available or they may not necessarily include an interpretation.	VA EHR			
VA Vitals and Readings	VA EHR			
VA Wellness Reminders	VA EHR			
DoD Military Service Information	VA EHR			

Getting Started with the VA Blue Button

The following information is the step-by-step process to access VA Blue Button.

Step 1 – Log in to My HealthVet to Access the VA Blue Button

Log in to your My HealthVet account by selecting the **Login or Register** button on the right side of the screen to access VA Blue Button. You must have already registered as a user. If you do not have a My HealthVet account, please register by selecting the **Register** button after selecting **Login or Register** and complete the registration form.

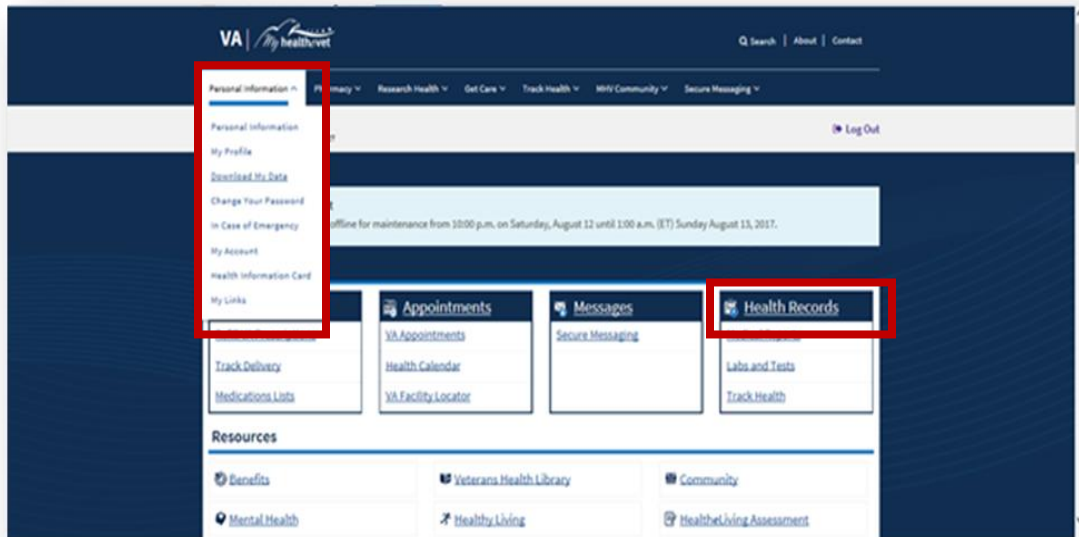


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Step 2 – Access VA Blue Button

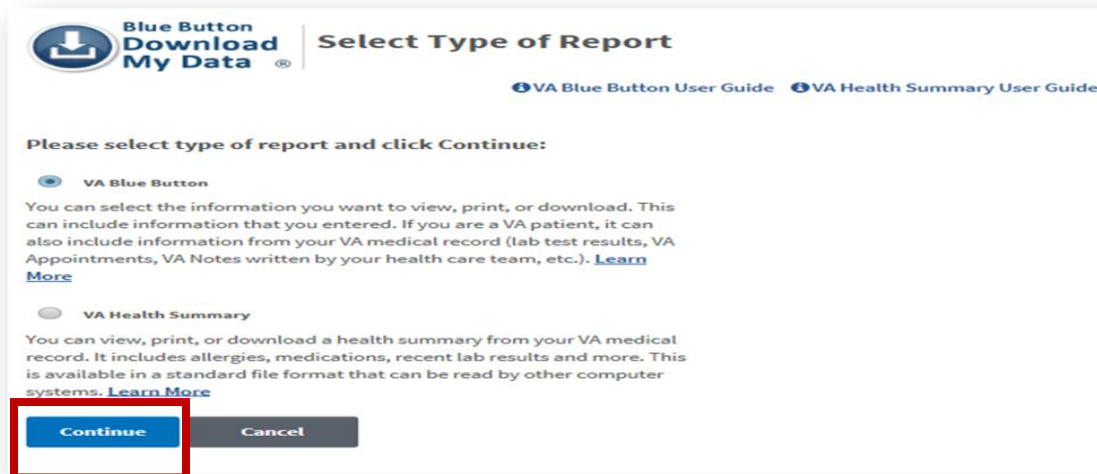
After logging in, there are three ways you can access the VA Blue Button:

- (1) Select the **Health Records** or **Medical Reports** link in the dashboard.
- (2) Or, select **Download My Data** under the **Personal information** tab



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- (3) This takes you to the **Select Type of Report** page. Select **Continue**:



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My HealthVet users with a Premium account may also select to download or send their VA Health Summary. If you do not have a Premium account, the VA Health Summary is not available.

VA Health Summary – formerly called the VA Continuity of Care Document (VA CCD), is a summary of essential health and medical care information from your VA health record. VA Health Summary uses recognized standards to support the effective exchange of information between health care systems and/or providers. The goal is to:

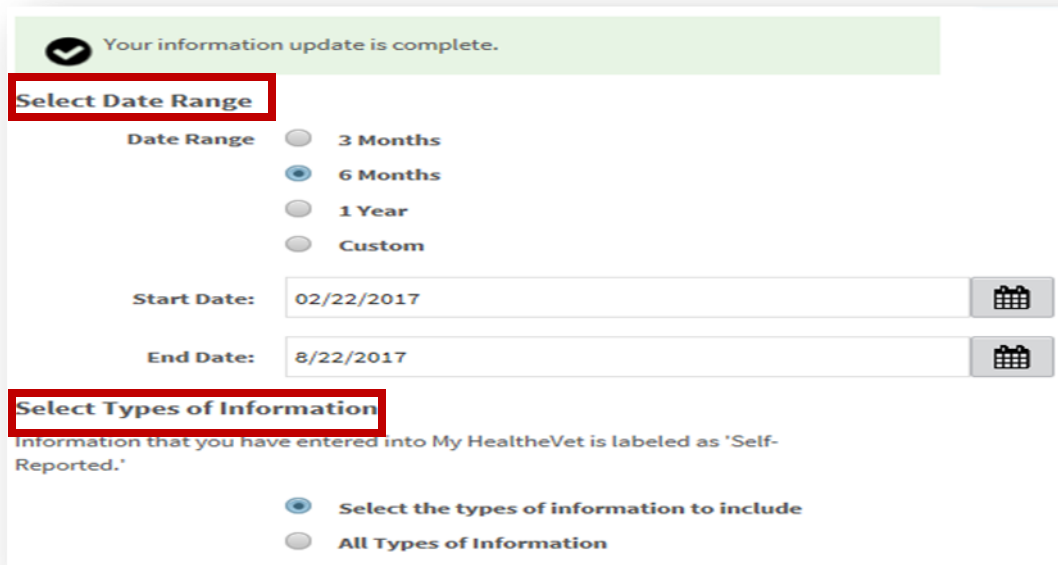
- Provide a summary of a patient’s essential health and medical care information that can be used for the continued care of the patient
- Allow for information about the patient in one health system to be exchanged with another health system that is providing care to the patient
- Be used by patients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

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

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Step 3 – Download My Selected Data


The VA Blue Button **Download My Selected Data** page lets you choose what type of information you want to download. There are two ways you can customize your report on the Download My Selected Data page. This can be done by selecting the Date Range and Types of Information you would like to view.




✓ Your information update is complete.

Select Date Range

Date Range 3 Months 6 Months 1 Year Custom

Start Date: 02/22/2017 

End Date: 8/22/2017 

Select Types of Information

Information that you have entered into My HealthVet is labeled as 'Self-Reported.'

Select the types of information to include All Types of Information

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You may also customize your data based on your account type and the type of information available.

Selecting the Types of Information (Basic Account)

To select the types of information, check one of the following:

- Select the types of information to include (Default)
- All types of information

You may choose from the following selections:

Medications (this includes Allergy information)

- Medication and Supplements, Self-Reported

Labs and Tests

- Labs and Tests, Self-Reported

Allergies

- Allergies, Self-Reported

Immunizations

- Immunizations, Self-Reported

Vitals and Readings

- Vitals and Readings, Self-Reported

Self-Reported Health History

- Medical Events, Self-Reported
- Family Health History, Self-Reported
- Military Health History, Self-Reported
- Treatment Facilities, Self-Reported
- Health Care Providers, Self-Reported
- All of the above

Food and Activity Journals

- Activity Journal, Self-Reported
- Food Journal, Self-Reported
- All of the above

Goals

- My Goals: Current Goals, Self-Reported
- My Goals: Completed Goals, Self-Reported
- All of the above

Demographics and Health Insurance

- Demographics, Self-Reported
- Health Insurance, Self-Reported

Selecting the Types of Information (Advanced Account)

To select the types of information, check one of the following:

- Select the types of information to include (Default)
- All types of information

You may choose from the following selections:

Medications (automatically includes Allergy information)

- VA Medication History
- Medication and Supplements, Self-Reported
- All of the Above

Labs and Tests

- Labs and Tests, Self-Reported

Allergies

- VA Allergies
- Allergies, Self-Reported
- All of the above

Immunizations

- Immunizations, Self-Reported

Vitals and Readings

- Vitals and Readings, Self-Reported

Self-Reported Health History

- Medical Events, Self-Reported
- Family Health History, Self-Reported
- Military Health History, Self-Reported
- Treatment Facilities, Self-Reported
- Health Care Providers, Self-Reported
- All of the above

Food and Activity Journals

- Activity Journal, Self-Reported
- Food Journal, Self-Reported
- All of the above

Goals

- My Goals: Current Goals, Self-Reported
- My Goals: Completed Goals, Self-Reported
- All of the above

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Demographics and Health Insurance

- Demographics, Self-Reported

Selecting the Types of Information (Premium Account):

To select the types of information, check one of the following:

- Select the types of information to include (Default)
- All types of information

You may choose from the following selections:

Appointments

- Future VA Appointments (scheduled in the next 6 months)
- Past VA Appointments (limited to past 2 years)
- All of the above

Medications (automatically includes Allergy information)

- VA Medication History Medication and Supplements, Self-Reported
- All of the Above

Labs and Tests

- VA Laboratory Results (available 3 days after verification)
- VA Pathology Reports (available 14 days after completion)
- VA Radiology Reports (from the last 24 months, and available 3 calendar days after completion)
- VA Electrocardiogram (EKG) History (a list of EKG studies performed at VA Treating Facilities)
- Labs and Tests, Self-Reported
- All of the above

VA Electronic Health Record History and Wellness Reminders

- VA Problem List (available 3 calendar days after entry)
- VA Admissions and Discharges (available 3 calendar days after completion)
- VA Notes (from January 1, 2013 forward, available 3 calendar days after completion)
- VA Wellness Reminders
- All of the above

Allergies

- VA Allergies
- Allergies, Self-Reported
- All of the above

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Immunizations

- VA Immunizations
- Immunizations, Self-Reported
- All of the above

Vitals and Readings

- VA Vitals and Readings Vitals and Readings, Self-Reported
- All of the above

Self-Reported Health History

- Medical Events, Self-Reported
- Family Health History, Self-Reported
- Military Health History, Self-Reported
- Treatment Facilities, Self-Reported
- Health Care Providers, Self-Reported
- All of the above

Food and Activity Journals

- Activity Journal, Self-Reported
- Food Journal, Self-Reported
- All of the above

Goals

- My Goals: Current Goals, Self-Reported
- My Goals: Completed Goals, Self-Reported
- All of the above

Demographics and Health Insurance

- VA Demographics
- Demographics, Self-Reported
- Health Insurance, Self-Reported
- All of the above

Department of Defense Information

- Department of Defense Military Service Information

After your choices are made, select **Submit**.

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Step 4 – My Download Results

When you select the **Submit** button it brings you to the **My Download Results** page. This page gives you a table displaying the results of your download request:

DOWNLOAD YOUR DATA						
File Contents	File Name	File Size	Request Date	Status	Option to Retrieve Data	
Selected Health Data	SAMPLE mhv_MHVDAYMARK_20170824_0932.pdf	507 KB	24 Aug 2017 @ 0932	Ready to Download	Download PDF File View/Print	
Selected Health Data	mhv_MHVDAYMARK_20170824_0932.txt	97 KB	24 Aug 2017 @ 0932	Ready to Download	Download Text File View/Print	

NOTE: When the status is **Updates in Progress**, you can still download your file, but it may not contain the most up-to-date information. So, you may want to come back later in the day to download an updated file. Updates occur once per day.

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Step 5 – Download your Health Information to a File

You have two file format options you can choose from to download and save your information (view illustration below). Select either:

- (1) **Download PDF File** for a format that is easy to read and print (PDF file)

Personal Information Report

*******CONFIDENTIAL*******

Produced by the VA Blue Button (v12.10)
24 Aug 2017 @ 0932

SAMPLE

This summary is a copy of information from your My Healthvet Personal Health Record. Your summary may include:

- information that you entered (self reported)
- information from your VA health record
- your military service information from the department of defense (DoD)

Note: Your health care team may not have all of the information from your Personal Health Record unless you share it with them. Contact your health care team if you have questions about your health information.

Key: Double dashes (--) mean there is no information to display.

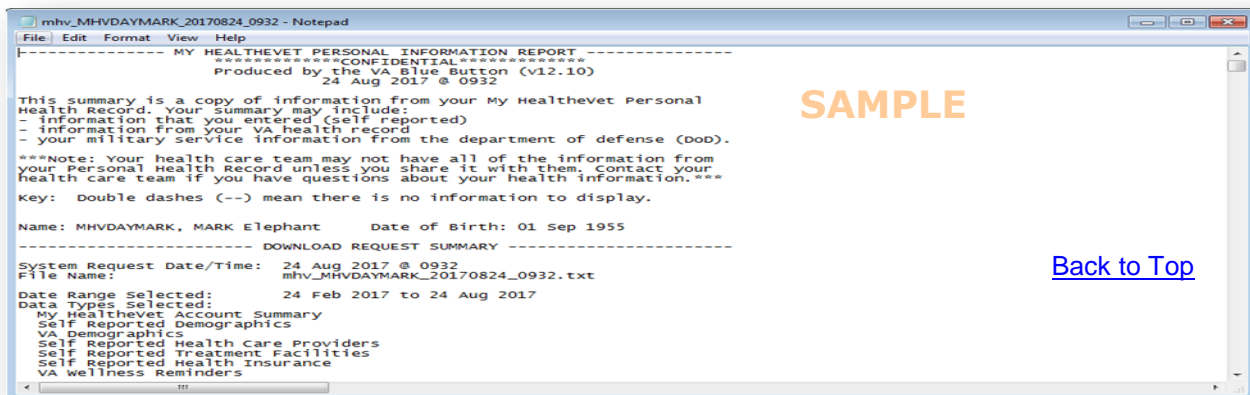
Name: MHVDAYMARK, MARK Elephant

Date of Birth: 01 Sep 1955



NOTE: When you open or download a PDF file, a temporary file is created on the computer. Others may then be able to view your personal health information. There is a risk of exposing your information when you download a PDF file, especially on public or shared computers.

(2) **Download Text File** for a simple text format (.txt file)



```

m_hv_MHVDAYMARK_20170824_0932 - Notepad
File Edit Format View Help
----- MY HEALTHVET PERSONAL INFORMATION REPORT -----
*****CONFIDENTIAL*****
Produced by the VA Blue Button (v12.10)
24 Aug 2017 @ 0932

This summary is a copy of information from your My Healthvet Personal
Health Record. Your summary may include:
- information that you entered (self reported)
- information from your VA health record
- your military service information from the department of defense (DoD).

***Note: Your health care team may not have all of the information from
your Personal Health Record unless you share it with them. Contact your
health care team if you have questions about your health information.***

Key: Double dashes (--) mean there is no information to display.

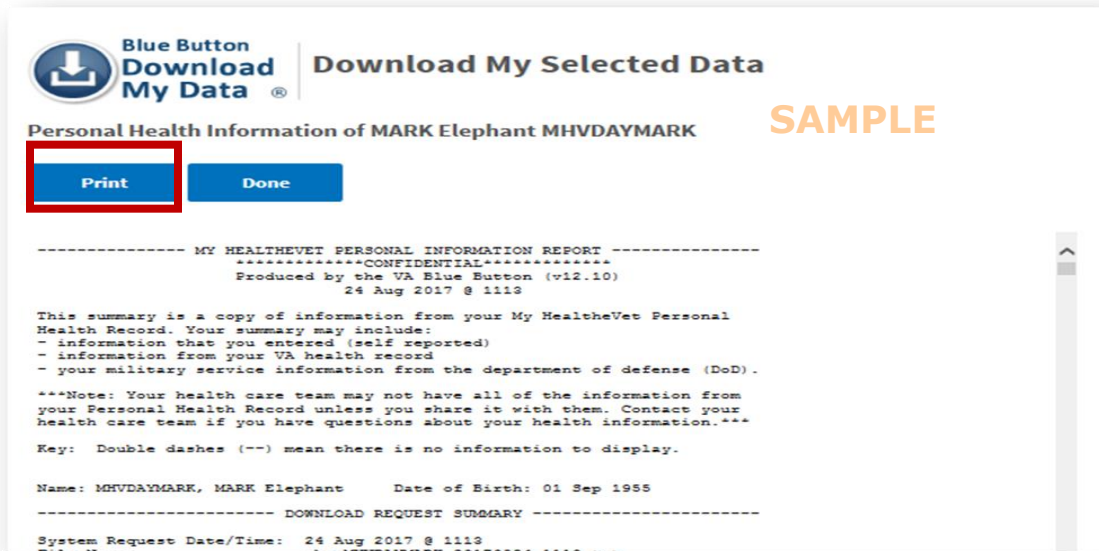
Name: MHVDAYMARK, MARK Elephant      Date of Birth: 01 Sep 1955
----- DOWNLOAD REQUEST SUMMARY -----
System Request Date/Time: 24 Aug 2017 @ 0932
File Name: m_hv_MHVDAYMARK_20170824_0932.txt
Date Range Selected: 24 Feb 2017 to 24 Aug 2017
Data Types Selected:
My Healthvet Account Summary
Self Reported Demographics
VA Demographics
Self Reported Health Care Providers
Self Reported Treatment Facilities
Self Reported Health Insurance
VA Wellness Reminders
  
```

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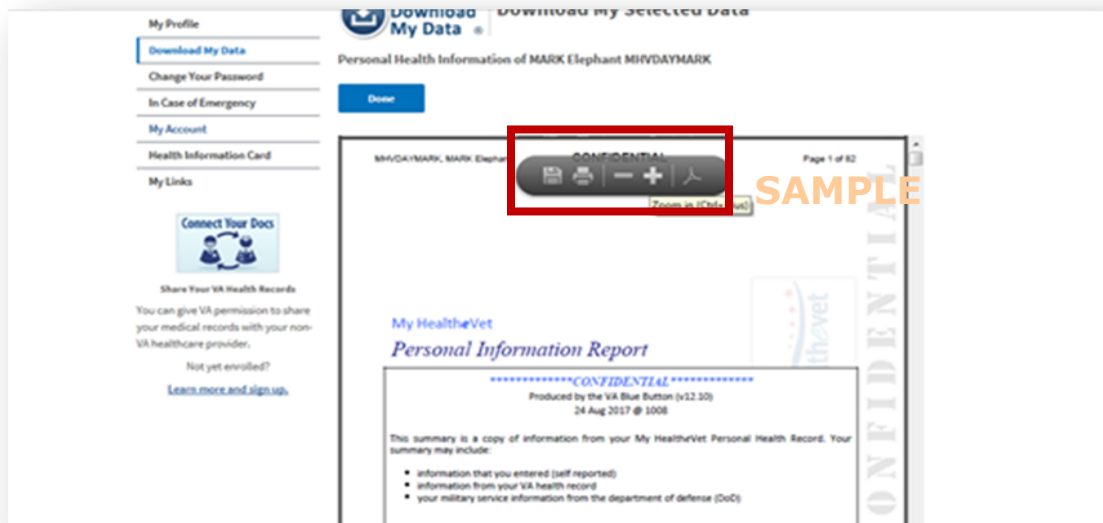
Step 6 – View/Print Your Health Information

Select the **View/Print** button. This allows you to view the health information you selected. From this page, you may also print a copy of your information.

- (1) **To print PDF File**, hover the mouse pointer over the word **CONFIDENTIAL**. Select the printer icon.



- (2) **To print Text File**, select the **Print** button and follow the prompts.



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Definitions

Compact Disk – 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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Data – Throughout the **VA Blue Button**, we refer to information in your My HealthVet as your **data**. Data is your health information in words and numbers. The VA Blue Button refers to health information, numbers you've entered into your My HealthVet account, and copies from your official VA electronic health record all as *data*.

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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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Mobile Device – A mobile device, which is also referred to as a handheld, handheld device or handheld computer, is a pint-sized, computing device. Mobile devices usually come with a touch or non-touch display screen and sometimes, even a mini keyboard.

There are many types of mobile devices, the commonest among them being, mobile phones and smartphones.

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