

My HealthVet VA Blue Button User Guide

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
My HealthVet

Table of Contents

<i>My HealtheVet VA Blue Button Medical Reports– Feature Overview</i>	3
<i>Download Your Selected Data</i>	3
GETTING STARTED WITH THE VA BLUE BUTTON	5
<i>Selecting the Types of Information (Basic Account)</i>	9
<i>Selecting the Types of Information (Premium Account)</i>	10
WHERE TO FIND HELP	16
<i>Frequently Asked Questions, Help and Contact MHV</i>	16

My HealtheVet VA Blue Button Medical Reports– Feature Overview



My HealtheVet VA Blue Button is a feature that allows you to view, print, download and save available VA health information in your My HealtheVet 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 access specific VA Blue Button features based on your My HealtheVet account type. The two account types available are: **Basic** and **Premium**. For more information about these accounts, go to [My HealtheVet Account Types](#). To view information from your VA health record or Department of Defense (DoD), you need to have a **Premium** HealtheVet 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 laboratory results are available to you 36 hours after the laboratory analysis is finalized. Your VA provider may need additional time to review the results. NOTE: COVID-19 results are an exception to the hold period. COVID-19 results are available immediately after receipt by VA. You can use the Labs+Tests tool if you meet the requirements listed below.

You can also download your My HealtheVet data to a computer or a 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).

If you print or download anything from the website (like lab results), you will need to take responsibility for protecting that information. [Get tips for protecting your personal health information](#) (My HealtheVet>Help>Protecting Your Personal Information).

Download Your Selected Data

Information that you have entered into My HealtheVet 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 HealtheVet account type.

NOTE: Some information that comes from your VA health record may not be presented right away in My HealtheVet 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.

[Back to Top](#)

A [Basic](#) account includes the following types of health information (Table 1):

Table 1: Basic

Health Information	Data Source
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

If you have a [Premium](#) account, it includes all the features of a [Basic](#) account in addition to the following information (Table 2):

Table 2: Premium Account Information

Health Information	Data Source
VA Admissions and Discharges Summaries – (Discharge Summaries are available 3 calendar days after they are completed). The included Discharge Summaries are from the last 18 months and include a maximum of the 2 most recent notes. The data comes from all VA treatment facilities.	VA EHR
VA Appointments (future) – This section includes up to a maximum of 20 appointments scheduled over the next 6 months. Some types of appointments may not be included. Contact the VA health care team if there are questions.	VA EHR
VA Appointments (limited to past 2 years)	VA EHR
VA Demographics – Includes Name, Date of Birth (DOB), Gender, Address, Marital Status, Religious Affiliation, Race, Ethnicity, Language(s), and Preferred Language.	VA EHR
VA Electrocardiogram (EKG) - Historical Dates (a list of EKG studies performed at VA Treating Facilities)	VA EHR
VA Immunizations – This section includes Immunizations on record with VA for the patient. The data comes from all VA treatment facilities. A reaction to an immunization may also be reported in the Allergy section.	VA EHR
VA Allergies – This section includes Allergies on record with VA for the patient. The data comes from all VA treatment facilities. It does not list allergies that were removed or entered in error. Some allergies may also be reported in the Immunization section.	VA EHR
VA Admissions and Discharges Summaries – (Discharge Summaries are available 3 calendar days after they are completed). The included Discharge Summaries are from the last 18 months and include a maximum of the 2 most recent notes. The data comes from all VA treatment facilities.	VA EHR

VA Medications History – This section includes: 1) prescriptions processed by a VA pharmacy in the last 15 months, and 2) all medications recorded in the VA medical record as “non-VA medications.” If you select this, your VA Blue Button automatically also includes VA Allergies and Adverse Reactions, and Self-Reported Allergies.	
VA Appointments (future) – This section includes up to a maximum of 20 appointments scheduled over the next 6 months. Some types of appointments may not be included. Contact the VA health care team if there are questions.	VA EHR
VA Appointments (limited to past 2 years)	VA EHR
VA Demographics – Includes Name, Date of Birth (DOB), Gender, Address, Marital Status, Religious Affiliation, Race, Ethnicity, Language(s), and Preferred Language.	VA EHR
VA Laboratory Results – The included Chemistry/Hematology Results are from the last 24 months, are available 3 days after verification, and include a maximum of the 10 most recent sets of tests. The data comes from all VA treatment facilities.	VA EHR
VA Pathology Reports –The included Pathology Reports are from the last 24 months, are available 14 days after completion, and include a maximum of the 5 most recent reports . The data comes from all VA treatment facilities.	VA EHR

Getting Started with the VA Blue Button

Step 1 – Sign in with My HealtheVet

- 1) Select the **Sign in** button (Figure), or
- 2) Select the **Register** button to create a Premium account.

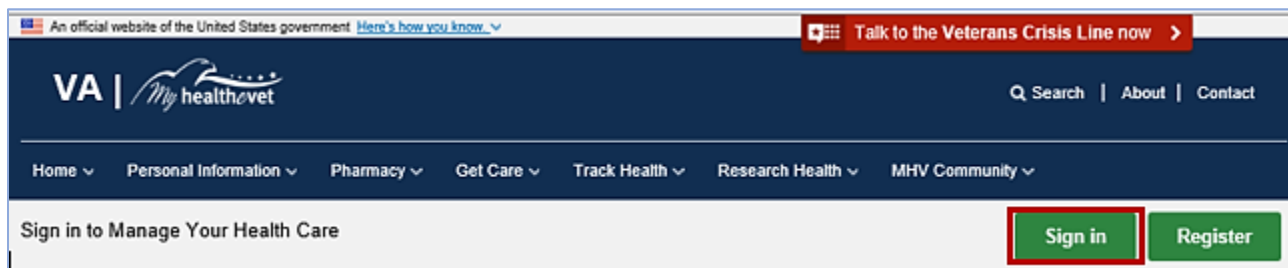


Figure 1: Sign in Button (Home Page Header section)

- 3) On the Sign In page (Figure 2), click the Continue to My HealtheVet Only button or you can sign in using any of your other existing sign-in accounts (DS Logon, ID.me or Login.gov).
- 4) Follow the sign-in process.

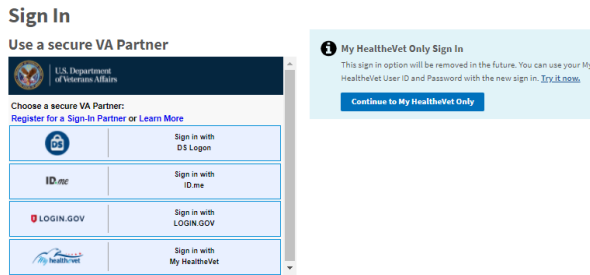


Figure 2: User Sign In

Note: The sign-in options have not changed; only Login.gov has been added. You can sign in using any of your existing sign-in accounts (ID.me, DS Logon, or My HealtheVet). You can also create a new account and explore Login.gov. The preferred sign-in account is Login.gov.

Step 2 – Access VA Blue Button Reports

After you sign in, there are two ways you can access the VA Blue Button:

- (1) Select the **Health Records** or **Blue Button Medical Reports** (Figure) link in the dashboard.

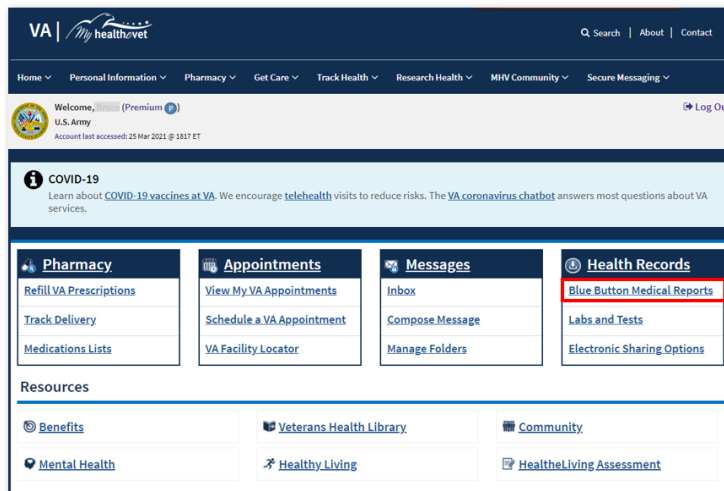


Figure 3: Blue Button Medical Reports

[Back to Top](#)

(2) Or, select **Download My Data** under the **Personal Information** (Figure) tab

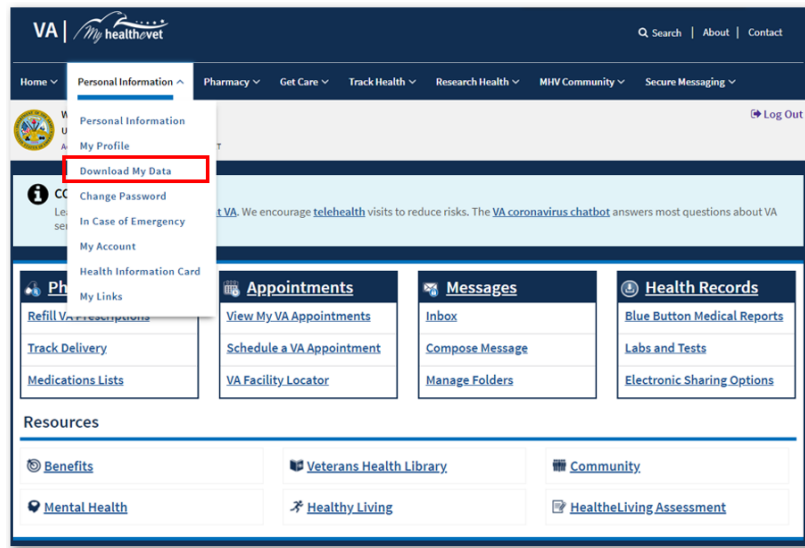


Figure 4: Accessing Blue Button Reports

(3) This takes you to the **Select Type of Report** page. Select **VA Blue Button Report** (Figure):

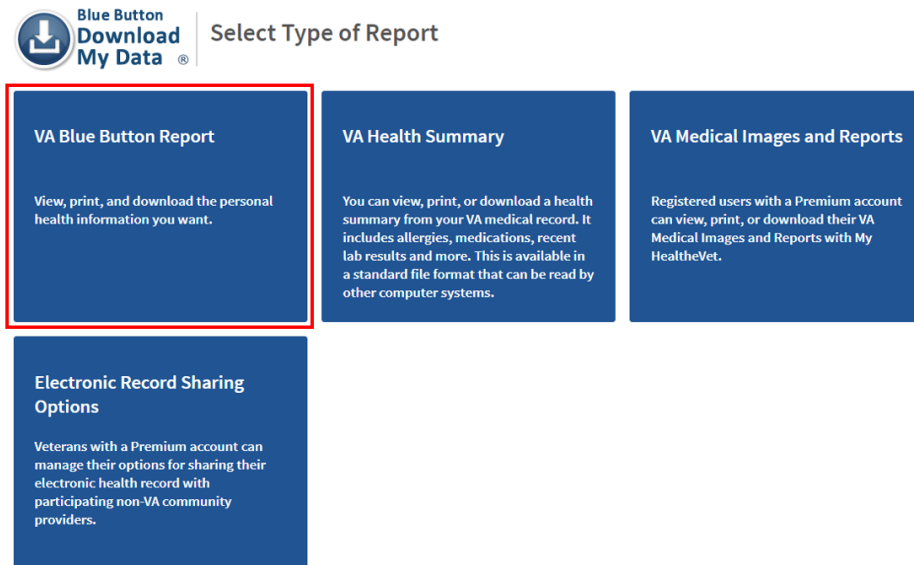


Figure 5: Select Type of Report

[Back to Top](#)

My HealtheVet 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 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

Step 3 – Create Your Blue Button Report

The VA Blue Button **Download My Selected Data** page (Figure) 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.

The screenshot shows the 'Download My Selected Data' page. On the left is a sidebar with 'Download My Data' and sub-items: 'VA Blue Button Report', 'VA Health Summary', 'VA Medical Images and Reports', and 'Electronic Record Sharing Options'. The main content area has a 'Blue Button Download My Data' logo and a 'Download My Selected Data' title. Below the title are links for 'VA Blue Button User Guide', 'Learn More', and 'Protecting Your Personal Health Information'. The page is divided into two numbered steps: 1. 'Select Date Range' with radio buttons for '3 Months', '6 Months' (selected), '1 Year', and 'Custom'. Below are 'Start Date' (10/07/2020) and 'End Date' (4/7/2021) fields with calendar icons. 2. 'Select Types of Information' with explanatory text and radio buttons for 'Select the types of information to include' (selected) and 'All Types of Information'.

Figure 6: Download My Selected Data

[Back to Top](#)

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

Selecting the Types of Information (Basic Account)

The My HealtheVet Basic account provides the following Types of Information. User can individually select each type of information they would like to be included within the Blue Button Report being created (Figure).

2 Select Types of Information

Information that you have entered into My HealtheVet is labeled as 'Self-Reported'. Information from the VA Electronic Health Record is labeled as 'VA'.

Select the types of information to include
 All Types of Information

Medications
(automatically includes Allergy information) VA Medication History
 Medications 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

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

Figure 7: Basic Account Information Types

[Back to Top](#)

Selecting the Types of Information (Premium Account):

The MHV Premium Account provides the following Types of Information. User can individually select each type of information they would like to be included within the Blue Button Report being created (Figure 8 & Figure 9).

2 Select Types of Information

Information that you have entered into My HealtheVet is labeled as 'Self-Reported'. Information from the VA Electronic Health Record is labeled as 'VA'.

Select the types of information to include
 All Types of Information

Appointments

- Future VA Appointments (may include Telephone, Video, In-Person Appointments)
- Past VA Appointments (limited to past 2 years)
- All of the above

Medications (automatically includes Allergy information)

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

Labs and Tests

- VA Laboratory Results (available 36 hours after verification; COVID-19 results available immediately after receipt by VA)
- VA Pathology Reports (available 36 hours after completion)
- VA Radiology Reports (available 36 hours after completion)
- VA Electrocardiogram (EKG) Historical Dates (EKG dates are no longer updated. You may continue to view your historical EKG dates.)
- Labs and Tests, Self-Reported
- All of the above

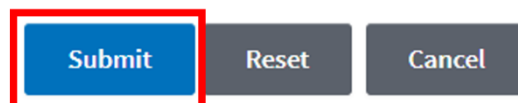
Figure 8: Premium Account Information Types (Part 1)

[Back to Top](#)

VA Electronic Health Record History and Wellness Reminders	<input type="checkbox"/> VA Problem List <small>(available 36 hours after entry)</small>
	<input type="checkbox"/> VA Admissions and Discharges <small>(Discharge Summary available 36 hours after completion)</small>
	<input type="checkbox"/> VA Notes <small>(available 36 hours after completion) except C&P Notes.</small>
	<input type="checkbox"/> VA Wellness Reminders <small>(Wellness Reminders are no longer updated)</small>
	<input type="checkbox"/> All of the above
Allergies	<input type="checkbox"/> VA Allergies
	<input type="checkbox"/> Allergies, Self-Reported
	<input type="checkbox"/> All of the above
Immunizations	<input type="checkbox"/> VA Immunizations
	<input type="checkbox"/> Immunizations, Self-Reported
	<input type="checkbox"/> All of the above
Vitals and Readings	<input type="checkbox"/> VA Vitals and Readings
	<input type="checkbox"/> Vitals and Readings, Self-Reported
	<input type="checkbox"/> All of the above
Self-Reported Health History	<input type="checkbox"/> Medical Events, Self-Reported
	<input type="checkbox"/> Family Health History, Self-Reported
	<input type="checkbox"/> Military Health History, Self-Reported
	<input type="checkbox"/> Treatment Facilities, Self-Reported
	<input type="checkbox"/> Health Care Providers, Self-Reported
	<input type="checkbox"/> All of the above
Food and Activity Journals	<input type="checkbox"/> Activity Journal, Self-Reported
	<input type="checkbox"/> Food Journal, Self-Reported
	<input type="checkbox"/> All of the above
Goals	<input type="checkbox"/> My Goals: Current Goals, Self-Reported
	<input type="checkbox"/> My Goals: Completed Goals, Self-Reported
	<input type="checkbox"/> All of the above
Demographics and Health Insurance	<input type="checkbox"/> VA Demographics <small>(Demographic information from VA Treating Facilities in the last 3 years)</small>
	<input type="checkbox"/> Demographics, Self-Reported
	<input type="checkbox"/> Health Insurance, Self-Reported
	<input type="checkbox"/> All of the above
Department of Defense Information	<input type="checkbox"/> Department of Defense Military Service Information

Figure 9: Premium Account Information Types (Part 2)

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



Submit Reset Cancel

[Back to Top](#)

Step 4 – View the Results of Your Customized Report

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

Download My Data

- VA Blue Button Report
- VA Health Summary
- VA Medical Images and Reports

Blue Button Download My Data | **My Download Results**

VA Blue Button User Guide

Warning: Your report is ready below. Some information was not able to be updated today:
 • Department of Defense Military Service Information

DOWNLOAD YOUR DATA

File Contents	File Name	File Size	Request Date	I want to...
Selected Health Data	mhv_MHVZZVISNTWENTY_20181021_1616.pdf	1104 KB	21 Oct 2018 @ 1616	View Download PDF
Selected Health Data	mhv_MHVZZVISNTWENTY_20181021_1616.txt	216 KB	21 Oct 2018 @ 1616	View Download TXT

[Back](#)

Figure 10: My Download Results

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.

[Back to Top](#)

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 (Figure) for a format that is easy to read and print (PDF file)

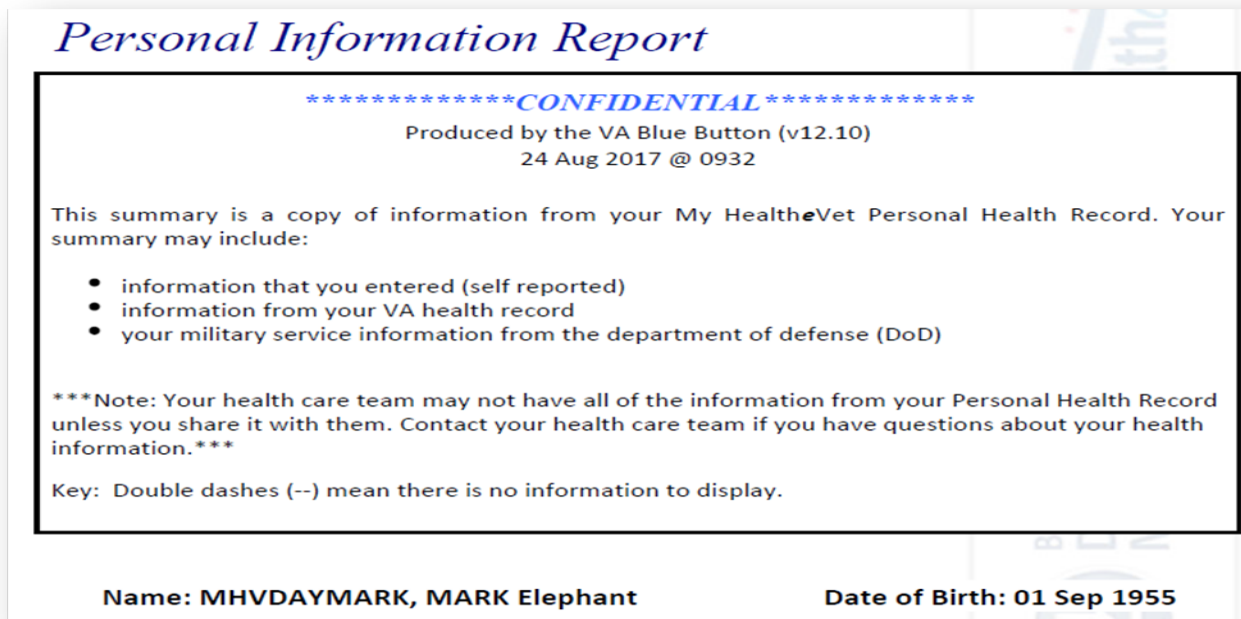


Figure 11: Download PDF Example

- (2) **Download TXT** file (Figure 1) for a simple text format (.txt file)

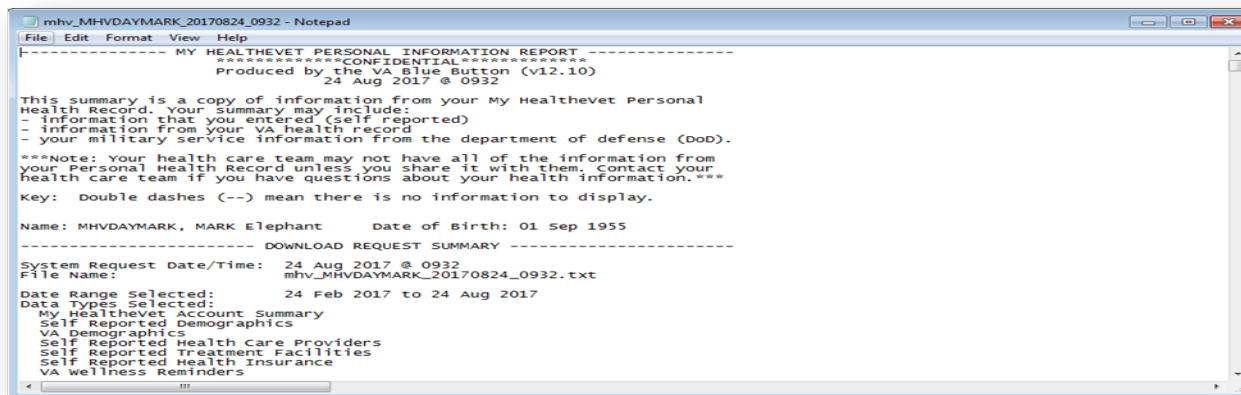


Figure 1: Download TXT Example

[Back to Top](#)

Step 6 – View/Print Your Health Information

Select the **View** 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**, (Figure 2) hover the mouse pointer over the word **CONFIDENTIAL**. Select the printer icon.

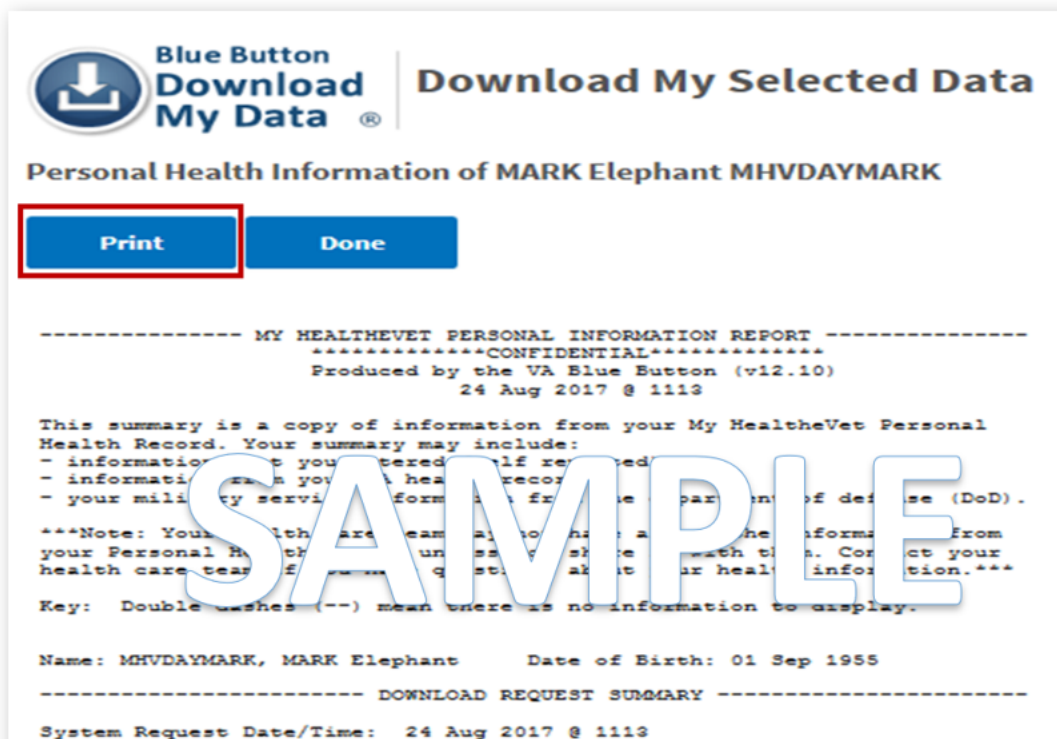


Figure 2: Print to PDF Button

[Back to Top](#)

(2) To print Text file, (Figure 3) select the **Print** button and follow the prompts.

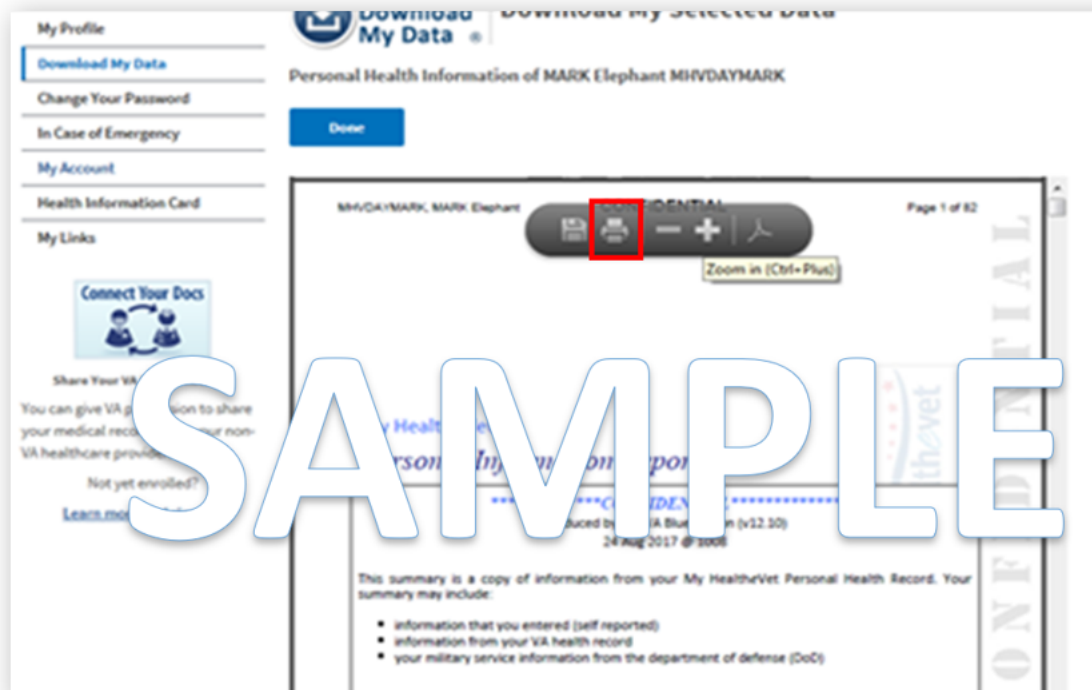


Figure 3: Print to Text Button

[Back to Top](#)

Where to Find Help

Frequently Asked Questions, Help and Contact MHV

- (1) Select **FAQ** to go to **Frequently Asked Questions** (Figure 4) and get commonly asked questions and answers about VA Blue Button.
- (2) Select **Help & User Guides** (Figure 4) for general guidance on using My HealtheVet and User Guides for My HealtheVet features.
- (3) Select **Contact** to send a message to the My HealtheVet Help Desk or contact them using the telephone number above.

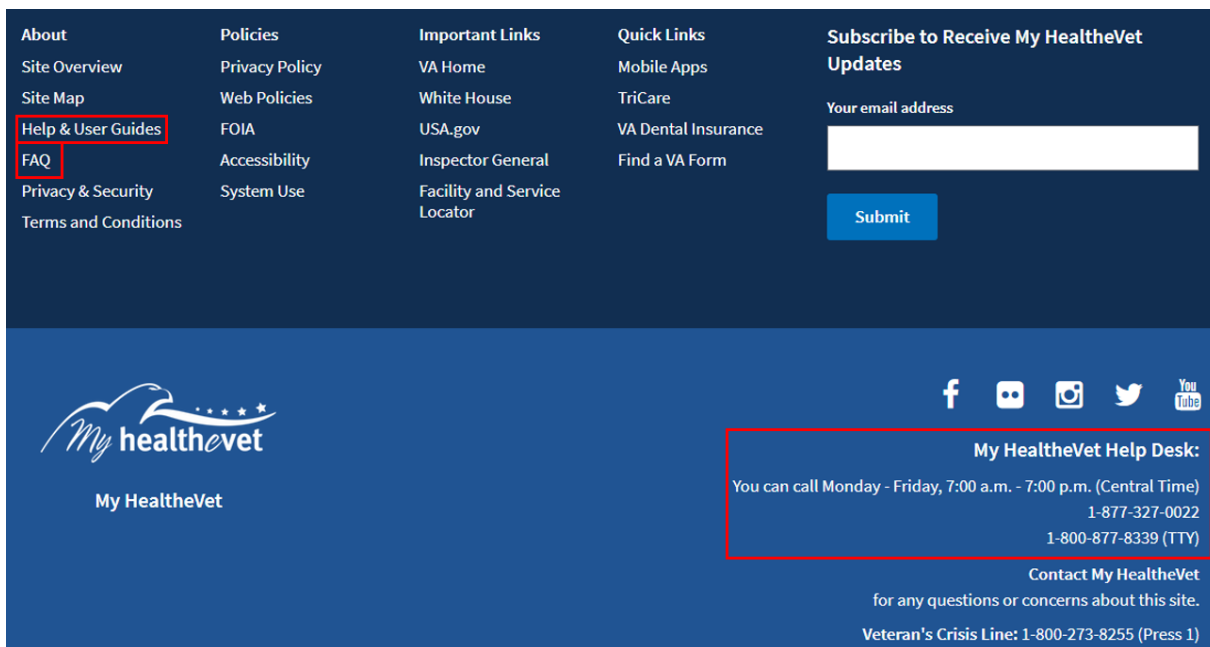


Figure 4: FAQ, Help, and Contact MHV

[Back to Top](#)