



BlueButton Download/Share my data

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What is the Department of Defense TOL Blue Button?

The Department of Defense (DoD) Blue Button is hosted on TOL. You can login to TOL with your Common Access Card (CAC), Premium Department of Defense (DoD) Self-Service (DS) Logon, or Defense Finance and Accounting Services (DFAS) myPay credentials, to view, download, print, or share your available Personal Health Data (PHD). Blue Button PHD is extracted from AHLTA, the military's electronic health record.

What are the benefits of the DoD TOL Blue Button?

- Provides convenient access to your PHD
- Engages/encourages participation in your own health care
- Allows you to populate a Personal Health Record of your preference
- Enables data sharing with your family, care giver, DoD provider, non-DoD health care system or provider, and/or keep/store it as part of your personal records

What personal health data does the DoD TOL Blue Button provide?

- Medication profile (DoD and VA data)
- Allergy profile (DoD and VA data)
- Problem lists (DoD and VA data)
- Encounters (DoD data only)
- Laboratory results (DoD and VA data)
- Radiology results (DoD and VA data)
- Vital signs (DoD and VA data)
- Immunizations (DoD AHLTA data only)

What features does the DoD TOL Blue Button provide?

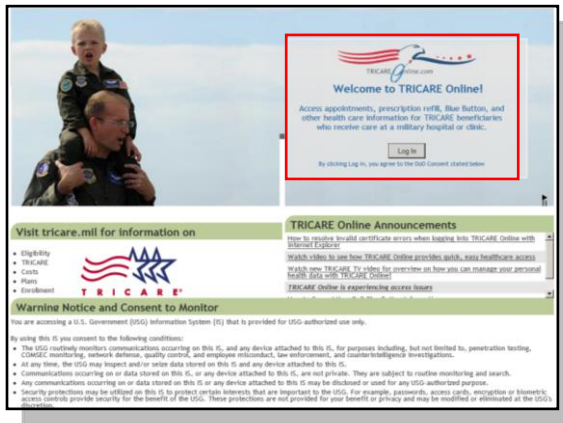
- View all your available PHD or tailor a summary report
- Download, save, and print PHD in portable document format (.pdf) or text (.txt)
- Share your PHD in XML-formatted continuity of care document (CCD)*

*See page 2 for CCD file sharing instructions

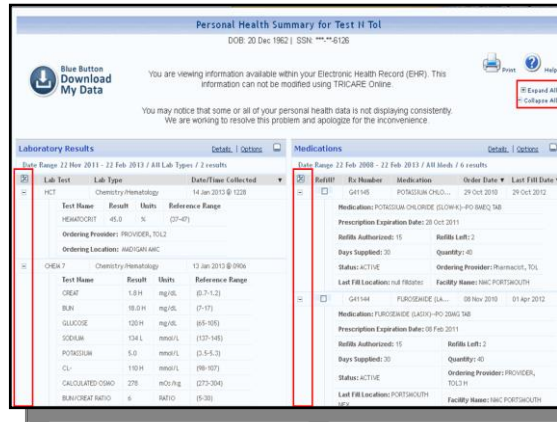


How do I download my DoD Blue Button Personal Health Data from TOL?

1



4



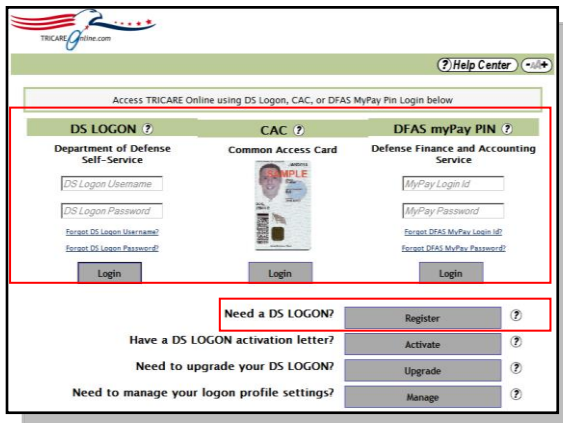
1

Go to www.tricareonline.com and click “Log in”.

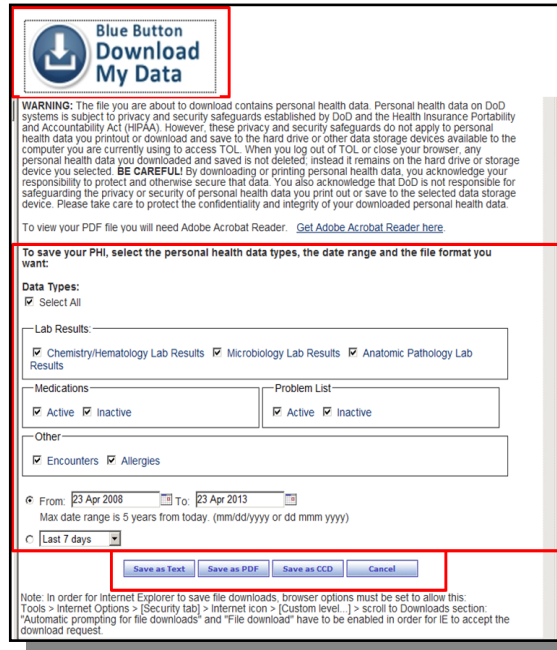
2

Log in with your **Premium DS Logon, DoD CAC or DFAS myPay** credentials. If you do not have DS Logon credentials and would like to, click “Register”.

2



5



3

Click “Blue Button” on the TOL home page or top navigation bar access your personal health data.

4

By default, TOL displays a summary of your personal health data. Select the “+” symbol to expand all of your personal health data. Select the “-” symbol to collapse all of your personal health data into a summary.

3

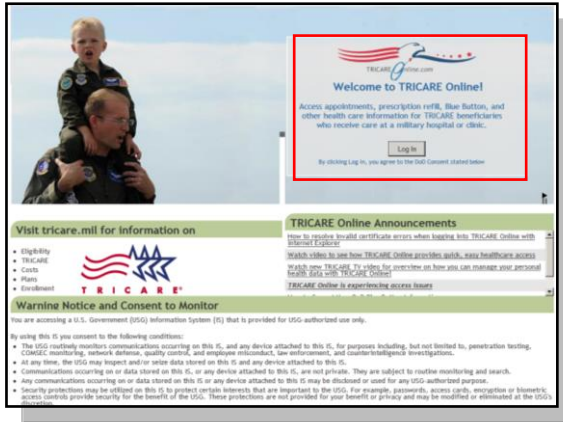


5

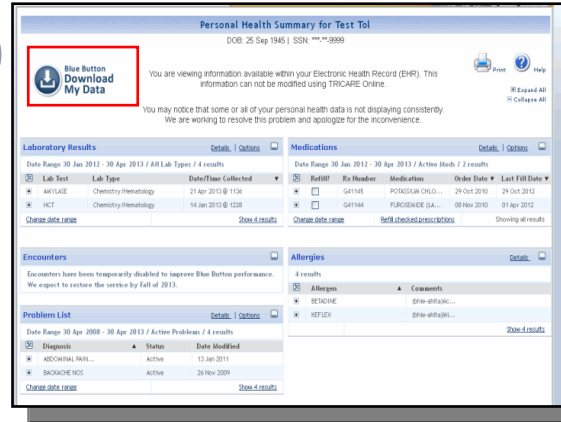
Select the “Blue Button Download My Data” icon to save personal health data to your computer or print. Specify the data types, date range and file format to download your data.

How do I download my DoD CCD from TOL?

1



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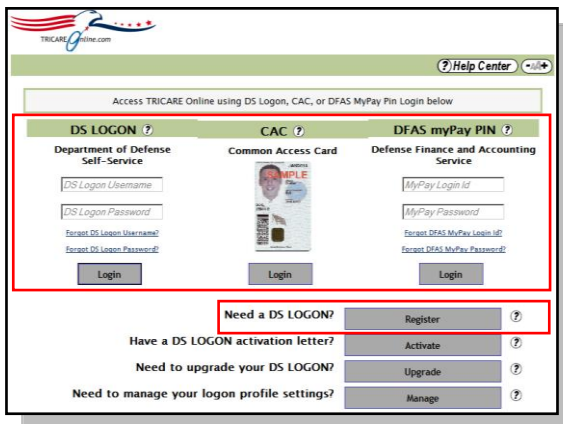
1

Go to www.tricareonline.com and click “Log In”.

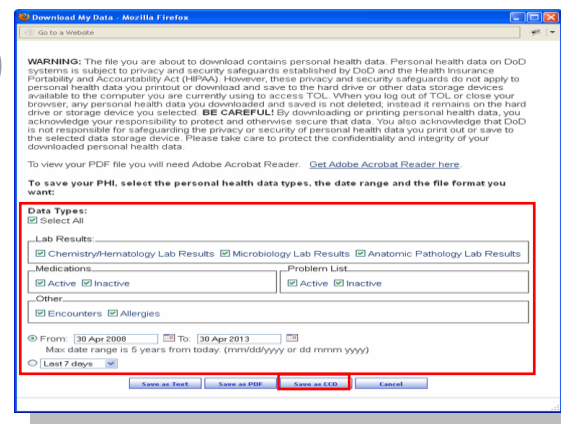
2

Log in with your Premium DS Logon, DoD CAC or DFAS myPay credentials. If you do not have DS Logon credentials and would like to, click “Register”.

2



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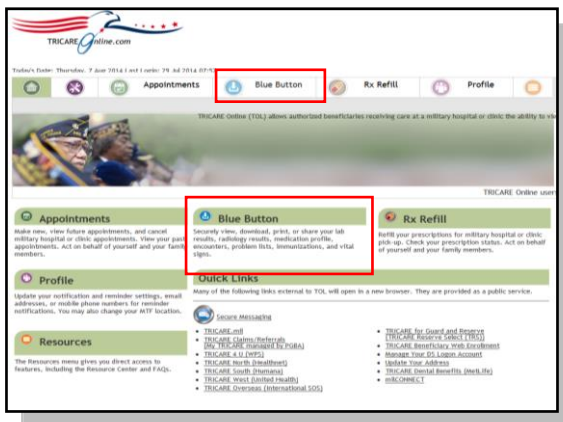
3

Click the “Blue Button” on the TOL home page or top navigation bar to access your personal health data.

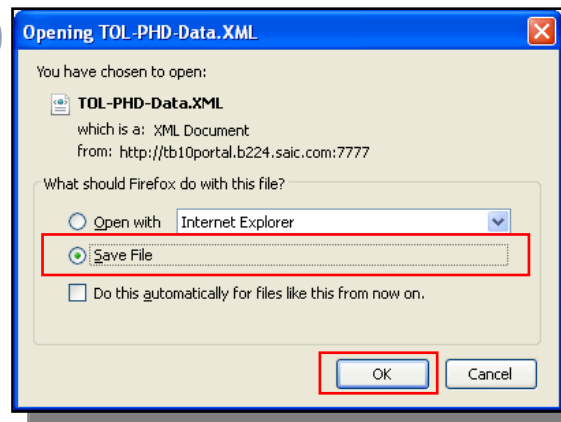
4

Click “Blue Button Download My Data”.

3



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Select the data types and the date range that you want to download, then click “Save as CCD”.

6

Select “Save File”, click “OK” and save.


How do I upload my DoD CCD into RelayHealth?

1



The screenshot shows the RelayHealth website's sign-in page. At the top, there are navigation links for "Sign In", "Register", and "Find a Doctor". Below this, the text "Please Sign In" is displayed. A red box highlights the sign-in form, which includes fields for "User ID" and "Password", a checkbox for "Remember my User ID", and a "Sign In" button. A link for "I forgot my User ID or password" is located at the bottom of the form.

3



The screenshot shows the "Import/Export CCD Format Health Data" page. It contains information about the CCD format and options to import or export data. A red box highlights the "Import or Upload Health Data" section, which includes a "FileName" input field, a "Browse..." button, and an "Upload" button. Below this, there is an "Export or Download Health Data" section with a "PDF" dropdown menu and a "Blue Button Download My Data" icon.

1

Sign in to RelayHealth.

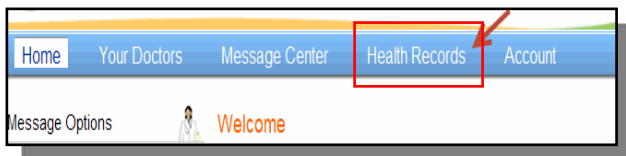
2

Click on “**Health Records**”, click “**Import/Export Health Data**”.

3

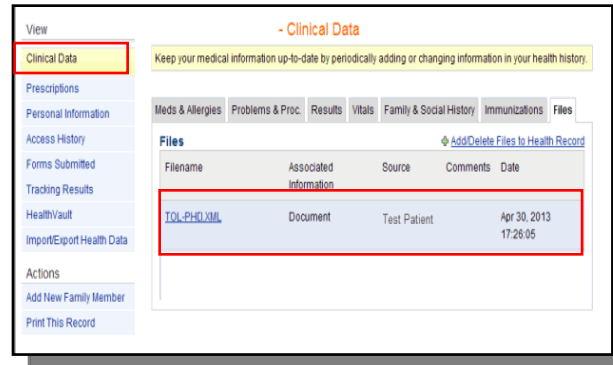
Click “**Browse**” to locate your TRICARE Online Blue Button CCD file, then click “**Upload**”.

2



The screenshot shows the top navigation bar of the RelayHealth website. It includes links for "Home", "Your Doctors", "Message Center", "Health Records", and "Account". A red box highlights the "Health Records" link, with an arrow pointing to it.

4



The screenshot shows the "Clinical Data" page in the RelayHealth interface. It features a sidebar with various menu items, including "Clinical Data", "Prescriptions", "Personal Information", "Access History", "Forms Submitted", "Tracking Results", "HealthVault", "Import/Export Health Data", "Actions", "Add New Family Member", and "Print This Record". The "Clinical Data" section is highlighted with a red box. The main content area displays a table of files with columns for "Filename", "Associated Information", "Source", "Comments", and "Date". A red box highlights a row in the table with the filename "TOL-PHQ.XML", associated information "Document", source "Test Patient", and date "Apr 30, 2013 17:28:05".

4

To view your imported data, click “**Clinical Data**”, then click on the filename link. A new browser window will open, displaying the TRICARE Online personal health data summary now contained in your PHR.



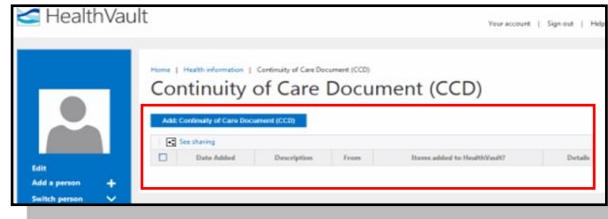
The screenshot shows a sidebar menu with various options. A red box highlights the "Import/Export Health Data" option. Other options include "Prescriptions", "Personal Information", "Access History", "Forms Submitted", "Tracking Results", "HealthVault", "Actions", "Add New Family Member", and "Print This Record".

How do I upload my DoD CCD into Microsoft HealthVault?

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Sign into Microsoft Vault.

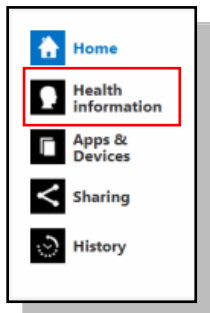
2

Access “**Health Information**” from left navigation bar.

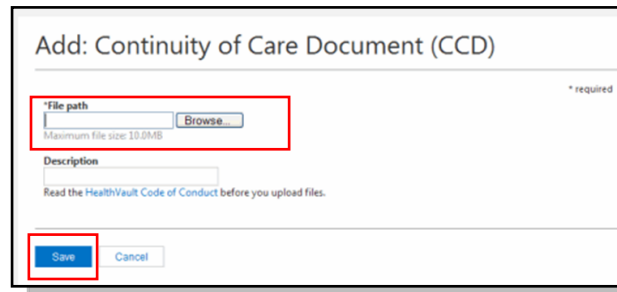
3

Access the “**Continuity of Care Document (CCD)**” under the “**Files**” heading.

2



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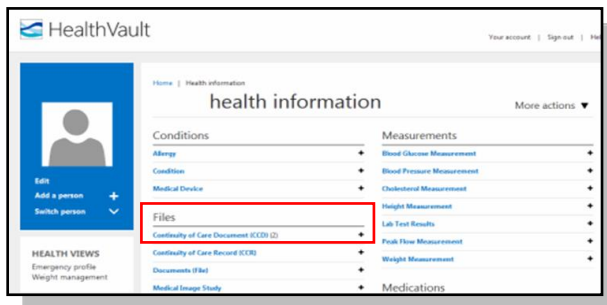
4

Click the “**Add Continuity of Care Document (CCD)**” button.

5

Click the “**Browse**” button to locate your TRICARE Online Blue Button CCD file then click “**Save**”.

3



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To view your CCD file, click on the file name under “**Description**”.