

BlueButton Download/Share my data

For More Information

Sign up to receive TOL News and Events Emails https://public.govdelivery.com /accounts/USMHSDHSS/sub scriber/new

> TOL Customer Service Available 24/7/365 1 (800) 600 9332

OCONUS Telephone Numbers located at "Contact Us"



nedical logistics	Defense Health Services Systems
	DHSS
Intest states	Program Executive Office

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?







5

				Personal Health	Sum	mar	y for 1	Test N Tol				
			DOB: 20 Dec 1962 SSN: ****6126									
(Blue Button Downloa My Data	a	u may not	ewing information availat information can not tice that some or all of yo re working to resolve this	t be mo	odified	using T health r	RICARE Onlin	e. Ilaving consi		,	vint 🕜 He Espand / H Collapse /
Labo	iratory Results			Details. Options		Med	lication	5			Detail	L Gettons
	Range 22 Hox 2011 -	22 Feb 2013 /	All Lab Typ	eri / 2 results		Dat	Range	22 Feb 2008 - 21	2 Feb 2013 / J	II Meds	7.6 results	
8		Туре		Date/Time Collected		18	Refill?	Rx Humber	Medication	ř	Order Date *	Last Fill Date
8		mistry /Hemetol		14 Jan 2013 @ 1228		•	B	G41145	POTASSRUM	CHEO	29 Oct 2010	29 Oct 2012
	Test Name Result Units Reference Eange							Medication: POTASSUM OR OFFICE (SLOW-K)-PO 8WEQ TAB				
	HERMTOCRIT		s (37-47)					Prescription Expiration Date: 28 Oct 2011				
	Ordering Pros	ider: PROVIDER	706.2				3	Refits Authorize	ndt: 15	Refills	Left: 2	
	Ordering Loca	tion: NADIGAN A	WC :					Days Supplied: 3	0	Quanti	ty: 40	
ж	OEK7 Ch	enistry Henatol	102	13 Jun 2013 @ 0906				Status: ACTIVE		Order	ng Provider: Phar	macist, TOL
	Test Name	Result	Units	Reference Range				Last Fill Location	cinul fildates	Facility	Name: NHC POR	ISHOUTH
	CREAT	1.8 H	mg/dL	(0.7-1.2)			0	Getteel	FLROSEMID	E fLA	08 Nov 2010	01 Apr 2012
	BUN	10.0 H	mg/dt.	(7-17)		1	1	Medication: FUR				
	GLUCOSE	120 H	mg/dL	(65-105)				Prescription Exp				
	SODIUM	104 L	mmol/L	(137-145)				Refits Authorize			filis Left: 2	
	POTASSIUM	5.0	mmol/L	(2.5-5.7)				Days Supplied: 3			uentity: 40	
	CL	110 H	mmol/L	(98-107)							dering Provider:	ROUTER.
	CALORATEDO	980 278	mQs/hg	(273-304)			1.1	Status: ACTIVE			LOH	
- 1									IN PORTSMOUTH			

Access TRICARE On	line using DS Logon, CAC, or DFAS	(?)Help Center		
DS LOGON ?	CAC 🕑	DFAS myPay PIN ?		
Department of Defense DS Logon Username DS Logon Password Renet DL Logon Password Kenset DL Logon Password Login	Common Access Card	Defense Finance and Accou Service MyPay Login M Pearst DFAS Webry cosin M Forest DFAS Webry cosin M Forest DFAS Mebry Parameter		
	Need a DS LOGON?	Register		
Have a DS L	OGON activation letter?	Activate		
Need to up	ograde your DS LOGON?	Upgrade		
Need to manage your	logon profile settings?	Manage		

Tadas/s finite: Thursday, 7 June 2014 (not) cerim: 29 and (and the second se		
O 🕄 🕞 Appointme	ents 🕛 Blue Button 🛞	Rx Refill	O Profile
	i.	-	TRICA
G Appointments	Blue Button	Rx F	Refill
Appointments Make new, view future appointments, and cancel military hospital or clinic appointments. View your para appointments. Act on behalf of yourself and your fami members.	Securely view, download, print, or share your lab results, radiology results, medication profile,	efill your pres fck-up, Check	criptions for military hos
Make new, view future appointments, and cancel military hospital or clinic appointments. View your pa appointments. Act on behalf of yoursalf and your fam	Securely view, download, print, or share your lab results, radiology results, medication profile, encounters, problem lists, immunizations, and vital	efill your pres fck-up, Check	criptions for military hos
take new, view future appointments, and cancel military heaptal or clinic appointments. View your pa appointments. Act on bahard of yourself and your factor emitters. O Profile Update your optification and reminder settings, escal	Securely view, download, print, or share your lab t results, radiology results, medication profile, by encounters, problem lists, immunizations, and vital signs.	etill your pres tdi.up, Check f yourselil and	oriptions for military hos your prescription status, your family members.
Index news, vice future appointments, and cancel subtary by the property of the property of the appointments. Act on behalf of yourself and your taxon members.	Securely view, download, print, or share your lab t results, radialogy results, moducation portile, y encounter, problem lists, immunitations, and vital signs. Ousleik Linkes	etill your pres tok-up. Check f yourself and	oriptions for military hos your prescription status, your family members.
Induk now, view future appointments, and cancel military hapital or clinic appointments. View pro- gramments and appointments of a second second members. © Profile Update your cotification and reminder settings, email addresses, or model plane market for reminder	Security view, demending print, or where your table reveals, radioting yoursats, needlaten portfat, we encounters, problem flats, inernantizations, and vitat sign. Outlet Links Many of the following flats external to TOL will open i	etill your pres idd-up. Check of yourself and n a new browser. The TERCARE for TERCARE for TERCARE for	oriptions for military hos your prescription status, your family members.

)	Blue Button Download My Data	
	I systems is subject to privacy and security safeguards and Accountability Act (HPAA). However, these privan health data you printout or download and save to the computer you are currently using to access TOL. Wh personal health data you downloaded and saved is n device you selected BE CAREFUL! By downloading responsibility to protect and otherwise secure that da safeguarding the privacy or security of personal health and the privacy or security of personal health.	fard drive or other data storage devices available to the en you log out of TOL or close your browser, any ot deleted, instead it remains on the hard drive or storage or printing personal health data, you acknowledge your la. You also acknowledge that DoD is not responsible for h data you print out or save to the selected data storage and integrity of your downloaded personal health data.
	To save your PHI, select the personal health dat	
	want:	a types, the date range and the me format you
	Data Types:	
	Chemistry/Hematology Lab Results Microbia Results	ology Lab Results 🔽 Anatomic Pathology Lab
	Medications	Problem List
	Active Inactive	Active Inactive
	Other	
	R Encounters Allergies	
	 From: 23 Apr 2008 To: 23 Apr 2013 Max date range is 5 years from today. (mm/dd/yy) C Last 7 days 	y or dd mmm yyyy)
	Save as Text Save as PDF	Save as CCD Cancel
	Note: In order for Internet Explorer to save file downloo Tools > Internet Options > [Security tab] > Internet ico "Automatic prompting for file downloads" and "File dow download request.	



Go to www.tricareonline.com and click "**Log in**".

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".

- 3 Click "**Blue Button**" on the TOL home page or top navigation bar access your personal health data.
 - 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.



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?







Blue Button

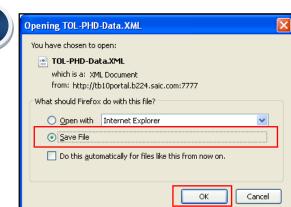
Rx Refill

Personal Health Summary for Test Tol												
DOB: 25 Sep 1945 SSN: ***.**.9999												
The formation can not be more than the some or all of your personal to the some or all of your persona						Ithin your Electronic Health Record (EHR). This notified using TRICARE Online. ersonal health data is not displaying consistently. blem and apologize for the inconvenience.				Print W print ■ Depart ■ Collegee		
Lat	ioratory Resu	lts		Details, Options		Mer	dications			Detai	s. Options	
Da	te Range 30 Jan 2	2012 - 30 Apr 201	3 / All Lab	Types / 4 results		Dat	e Range 31) Jan 2012 - 3	10 Apr 2013 / Active M	rds / 2 results		
×	Lab Test	Lab Type		Date/Time Collected	٣	因	Refill?	Rx Number	Medication	Order Date V	Last Fill D	ia)
۲	AKYLASE	Chemistry/Hemat	ology	21 Apr 2013 @ 1136		۲		G41145	POTASSIUM CHLO	29 Oct 2010	29 Oct 201	2
۲	HCT	Chemistry /Hemat	ology	14 Jan 2013 @ 1228		۲		G41144	FUROSENIDE (LA	08 Nov 2010	01 Apr 201	2
Che	nge date range			Show 4 re	alts	Cha	nge date ran	100	Refill checked prescripts	205	Showing all r	
En				prove Blue Button performan		_	ergies				Details	
We	expect to restor	re the service by	Fall of 2013			团	Allergen		▲ Comments			
						۲	BETADINE		(bhie-ahita)A	c		
Pro	blem List			Details Options		۲	REFLEX		(bhie-ahita)H	ii		
Da	te Range 30 Apr i	2008 - 30 Apr 201	3 / Active P	roblems / 4 results							210st 4 m	12
×	Diagnosis		Status	Date Modified								
۲	ABDOWINAL PAIN	L	Active	13 Jan 2011								
۲	BACKACHE NOS		Active	26 Nov 2009								
	nae date range			Show 4 re								

Go to a Website	
vstems is subject to privacy and secu "ortability and Accountability Act (HIPA- rersonal health data you printout or dow vailable to the computer you are curre rowser, any personal health data you in/we or storage device you selected. B Icknowledge your responsibility to prote not responsible for safequarding the	winkoad contains personal health data. Personal health data on Dc rinty safeguards established by DoD and the Health Insurance A) Howiver, These privacy and security safeguaritis do not apply the rinty using to access TOL. When you log out of TOL or close your downloaded and saved is not detection, instead it remains on the hait E CAREFUL! By downloading or priving personal health data, you privacy or security of personal health data you privacy or security of the privacy or security of personal health data you privacy or security of personal health data source to set the care to protect the confidentiality and integrity of your
o view your PDF file you will need Ado	be Acrobat Reader. Get Adobe Acrobat Reader here.
	hal health data types, the date range and the file format you
vant	
vanc.	
Data Types:	
Data Types: 2 Select All	
Data Types: 2 Select All Lab Results:	
Data Types: 2 Select All Lab Results:	ts 교 Microbiology Lab Results 교 Anatomic Pathology Lab Result
Data Types: 2 Select All Lab Results:	is 안 Microbiology Lab Results 안 Anatomic Pathology Lab Result
ata Types: 2 Select All Lab Results: ☑ Chemistry/Hematology Lab Result	
Data Types: 2 Select All Lab Results: C Chemistry/Hematology Lab Result Medications.	Problem List



5







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".



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



Click **"Blue Button Download My Data"**.

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



Select **"Save File"**, click **"OK"** and save.

How do I upload my DoD CCD into RelayHealth?

	MC Rel	ayHealth		Impor	rt/Export CCD Format Health Data				
					ontinuity of Care Document(CCD) is a standard data information.	format used to describe a patient's summary			
	Sign In	Register Find a Doctor		Impor	rt or Upload Health Data				
	Please Si				Health supports the ability to aggregate Medications, History, Family History, Results, and Vital Signs as d				
	Please Sign In			Files wi	Files will be uploaded and automatically scanned for viruses. Files may be up to 5MB in size. View Disclaime				
		User ID *		FileNan	ne * Browse Upload)			
		Password *		Expor	rt or Download Health Data				
		Remember my User ID			CD that RelayHealth creates is constrained by the HI ies, Problems, Procedures, Immunizations and Resu				
		Sign In							
		I forgot my User ID or passw	vord	PDF	Blue Button Download My Data				
				Man	- Clinical	l Data			
(2)	Home You	r Doctors Message Center Health Records	s Account Z	View		y periodically adding or changing information in your health history.			
	- Total			Prescri		penearon, oanny e annyng mannaarni jaa naan maarj.			
	Message Options	🕅 Welcome		Person	Meds & Allergies Problems & Proc. Res	sults Vitals Family & Social History Immunizations Files			
	message options	Welcome		Access		Add/Delete Files to Health Record			
					Submitted Filename Associate				
			1	Healthy	rg Results Informatic	nt Test Patient Apr 30, 2013			
		Prescriptions			Export Health Data	17:26:05			
		Personal Information		Action	s				
		Access History		Add Ne	w Family Member				
		Forms Submitted		Print Th	his Record				
		Tracking Results							
		HealthVault							
		Import/Export Health Data							
		in porcepart realition and							
		Actions							
		Add New Family Member							
		Print This Record							

Sign in to RelayHealth.

3

4

Click on "Health Records", click "Import/Export Health Data".

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

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.

How do I upload my DoD CCD into Microsoft HealthVault?

1	I HealthVault	HealthVault Verweinert Spear Mean Verweinert Health oferweiten Certenary of Care Document (CCD) Continuity of Care Document (CCD)		Sign into Microsoft Vault.
	Microsoft account What's this?	International and a present Jointh present	2	Access " Health Information" from left navigation bar.
	Password Keep me signed in Sign in		3	Access the "Continuity of Care Document (CCD)" under the "Files" heading.
2	Amme Image: Amma and a mathematical structures Image: Amma and a mathematical structures <td< td=""><td>Add: Continuity of Care Document (CCD) required required</td><td>4</td><td>Click the "Add Continuity of Care Document (CCD)" button.</td></td<>	Add: Continuity of Care Document (CCD) required required	4	Click the "Add Continuity of Care Document (CCD)" button.
3	Home Health Information	HealthVault Hum: Hush Manualis: Cartering: 4C Care Document (CCD) Continuity of Care Document (CCD)	5	Click the " Browse " button to locate your TRICARE Online Blue Button CCD file then click
	Kit Conditions More actions Kit Conditions More actions Add a press End for the More result End for the More result Kit End for the More result End for the More result HEALTH VIEWS Conductor of Cond COD Head for the More result Energinery profile Conductor of Cond COD Weight More result Weight management More actions Weight More result	Lin Add a person Settlob person Stat/2013 JA224	6	" Save ". To view your CCD file, click on the file name under " Description ".