What is the Blue Button?

The TRICARE Online (TOL) Blue Button allows authorized TOL users, users logging into TOL with their Common Access Card (CAC) or DoD Self-Service (DS) Logon, the ability to view, print, and save their available personal health data.

The Blue Button provides authorized users convenient access to their personal health data and offers another way to engage our beneficiaries in participating in their own health care.

Blue Button Features

- Access personal health data; Explore medication, allergy, and partial demographic profile information, lab results, problem lists, and encounter data

- Tailor personal health data preferences; View all available personal health data or a summary of select personal health data

- Download and save personal heath data to your own computer; Choose to save in portable document format (.pdf) or text (.txt) file format

- Print personal health data

For More Information

Please contact TOL

Customer Service

available 24/7

Tel. 1-800-600-9332 CONUS

OCONUS telephone numbers
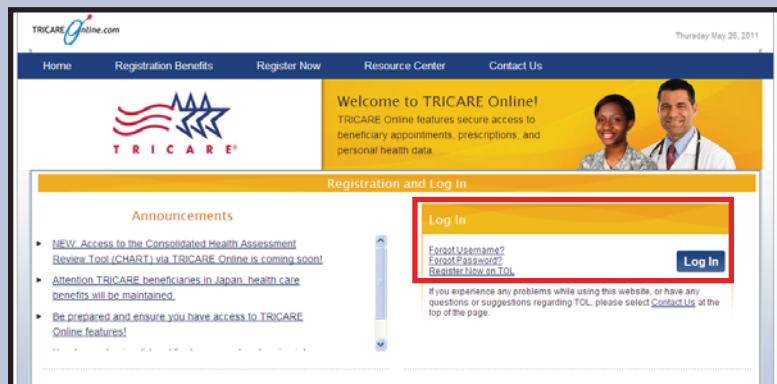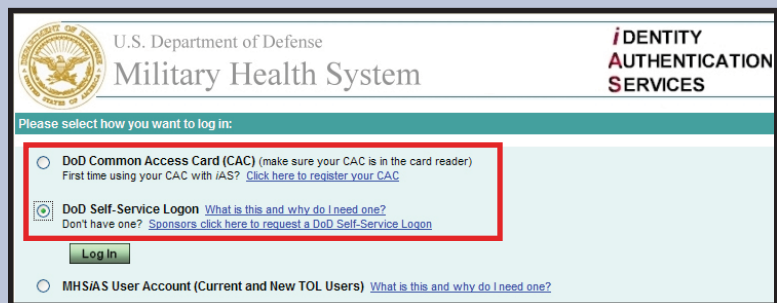
are located at

www.tricareonline.com

DHSS
Defense Health Services Systems
medical logistics · clinical support · resources
Program Executive Office

TRICARE Online
Blue Button

How Do I Access TOL Blue Button?

1 — TRICAREonline.com — Welcome to TRICARE Online! Registration and Log In / Log In screen

2 — U.S. Department of Defense Military Health System — iDENTITY AUTHENTICATION SERVICES — Please select how you want to log in: DoD Common Access Card (CAC) / DoD Self-Service Logon / MHS/AS User Account

3 — TRICAREonline.com — Welcome to TRICARE Online! Blue Button / Rx Refill / Appointing / Secure Messaging / HART

4 — Personal Health Summary — Blue Button Download My Data — Laboratory Results, Medications, Problem List, Encounters, Allergies

5 — Personal Health Summary for Kathy M Smith — Personal Health Data - Save - Mozilla Firefox — Warning: Selecting this option enables you to save a text- or PDF-formatted file of your Personal Health Data... Data Types / Dates / Save as Text / Save as PDF / Cancel
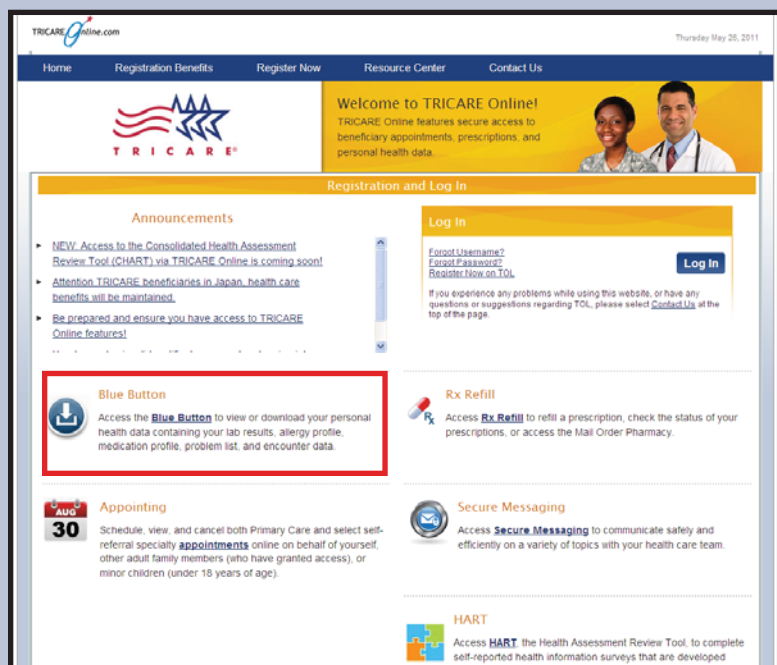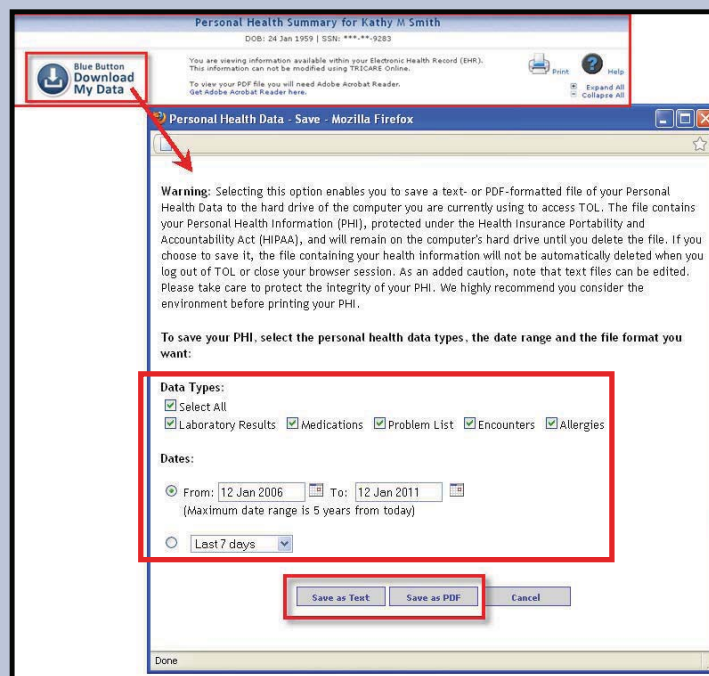
TOL's user friendly interface allows you to explore your available personal health data on one page.

1 Go to the TOL Home page located at www.tricareonline.com.

2 Log into TOL using your CAC or DS Logon.

3 Click the "Blue Button" to 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.

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