



# BlueButton Download/Share my data

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Numbers located at "Contact Us"



## 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, or keep it as part of your personal records
- View portions of your personal health information (PHI) as stored in the military electronic health record (EHR)
- View immunizations for dependents under the age of 12

## 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)\*
- Medications - users can select prescription(s) for Refill to auto-populate the Rx numbers on the Rx Refill page. When the 'Refill checked prescriptions' is selected with the prescription(s) for refill, the Rx Refill page will display with the selected prescription(s)

\*See page 2 for CCD file sharing instructions

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

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1

Go to [www.tricareonline.com](http://www.tricareonline.com) and click “Log in”.

2

Log in with your DS Logon Premium (Level 2), DoD CAC or DFAS myPay credentials. If you do not have DS Logon credentials and would like to, click “Register”.

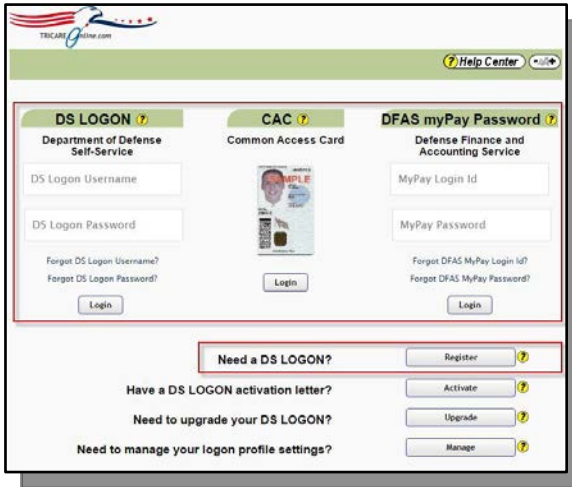
3

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

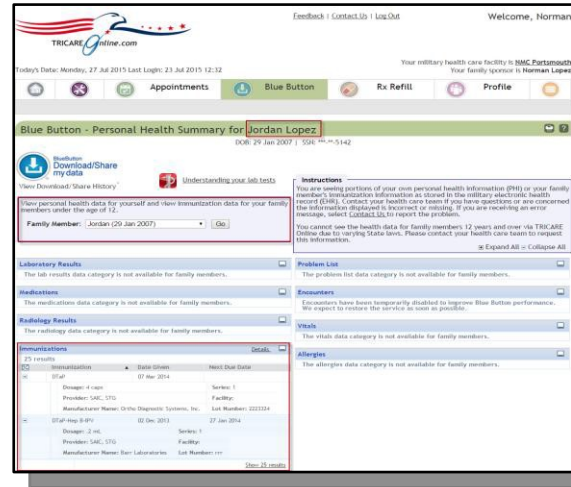
4

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.

2



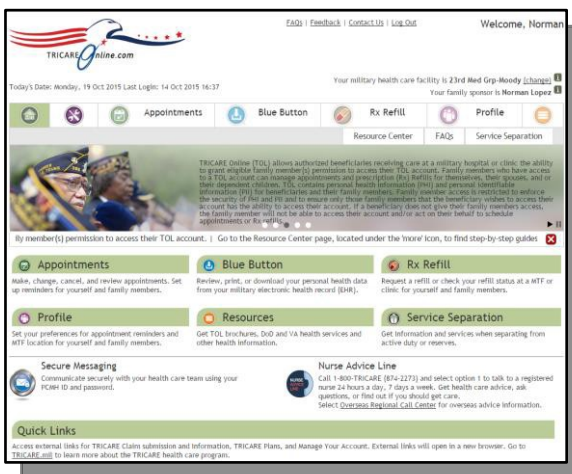
5



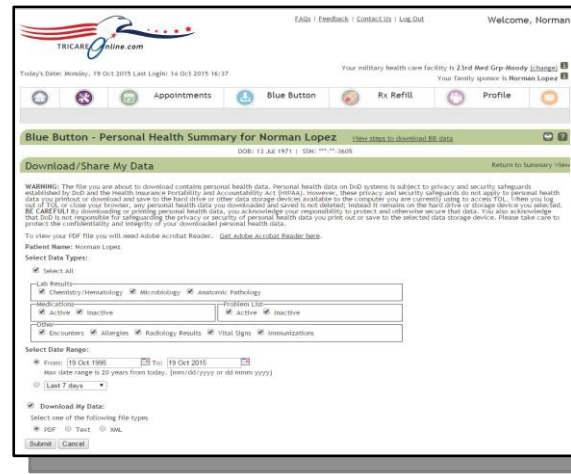
5

Select a family member and press “Go” button to view and/or download Immunization data for your dependent.

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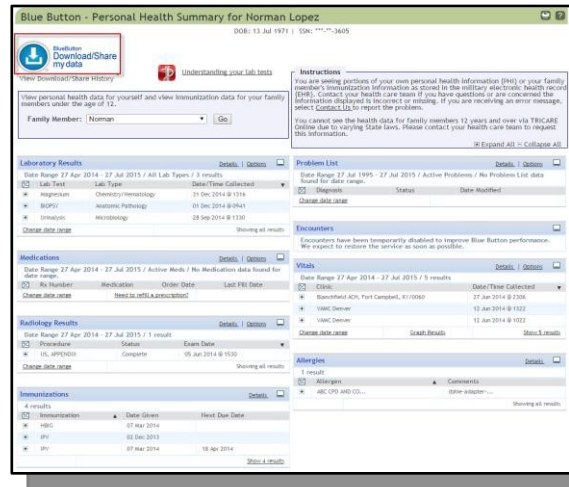
Select the “Blue Button Download My Data” icon to save personal health data to your computer or print. Specify the data types, date range, and file format to download your data.

# How do I download my DoD CCD from TOL?

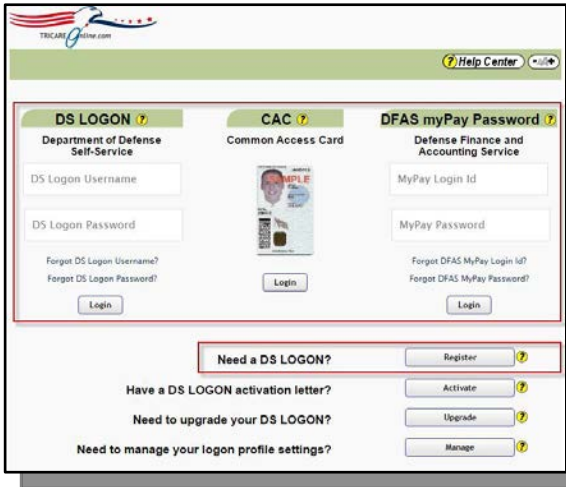
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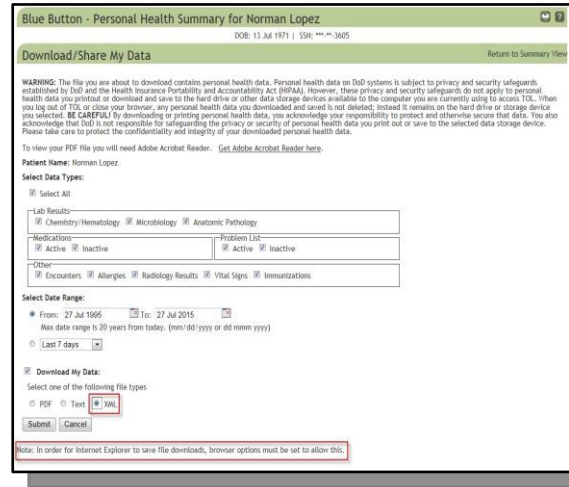
4



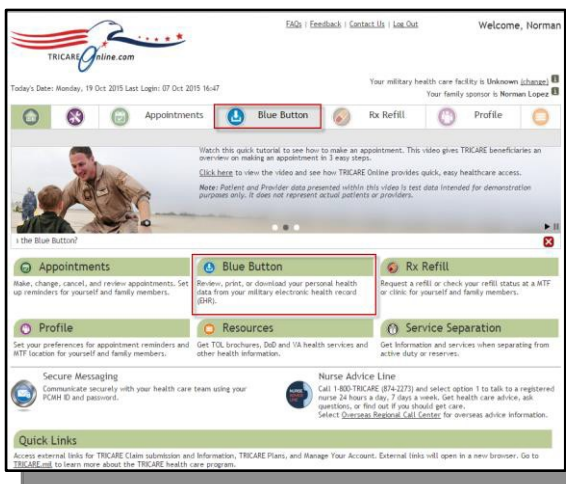
2



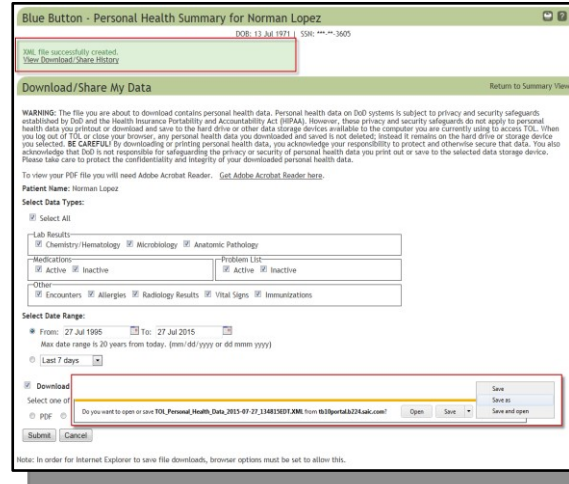
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1

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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”.

5

Select the data types and the date range that you want to download, then select “XML” to save your CCD file as XML format.

6

Select file location and click “Save” to save file.

# 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 Continuity of Care Document (CCD) and options to import or export health 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.

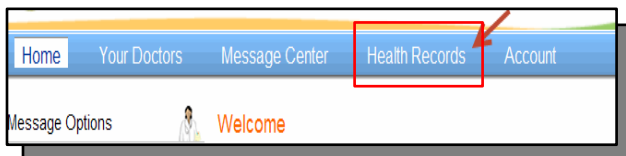
2

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

3

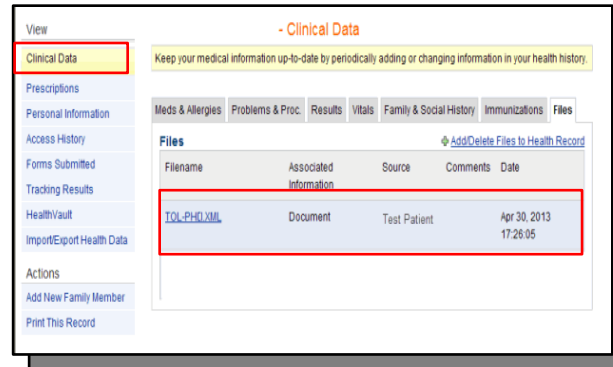
Click “**Browse**” to locate your TRICARE Online Blue Button CCD file, then click “**Upload**”.

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 a red arrow pointing to it from the right.

4



The screenshot shows the "Clinical Data" page in the RelayHealth interface. It features a sidebar with various menu items, and a main content area with a "Files" table. A red box highlights the "Files" table, which contains the following data:

Filename	Associated Information	Source	Comments	Date
<a href="#">TOL-PHQ.XML</a>	Document	Test Patient		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.



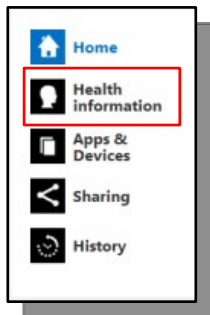
The screenshot shows a sidebar menu with various options. A red box highlights the "Import/Export Health Data" option. The menu items are: Prescriptions, Personal Information, Access History, Forms Submitted, Tracking Results, HealthVault, Import/Export Health Data, Actions, Add New Family Member, and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

# How do I upload my DoD CCD into Microsoft HealthVault?

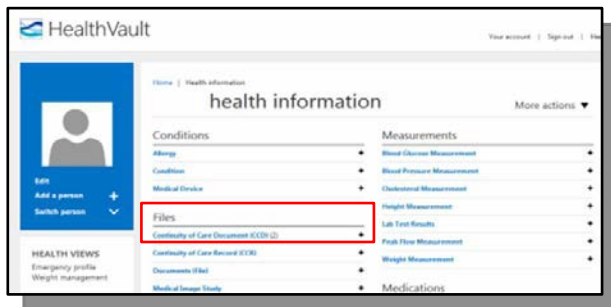
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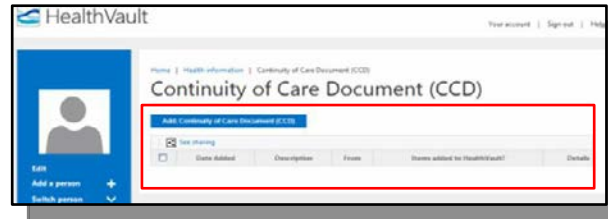
2



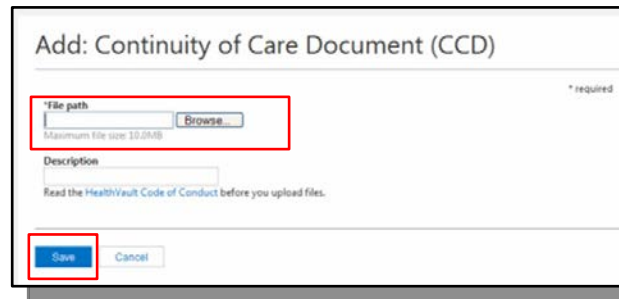
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Sign into Microsoft Vault.

2

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

3

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

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**”.

6

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