



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 accounts, to view, download, print, or share your available Personal Health Data (PHD).

What are the benefits of the DoD TOL Blue Button?

- Provide convenient access to your PHD
- Engage/encourage participation in your own health care
- Allow you to populate a Personal Health Record of your preference, *share data 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?

- Outpatient 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)

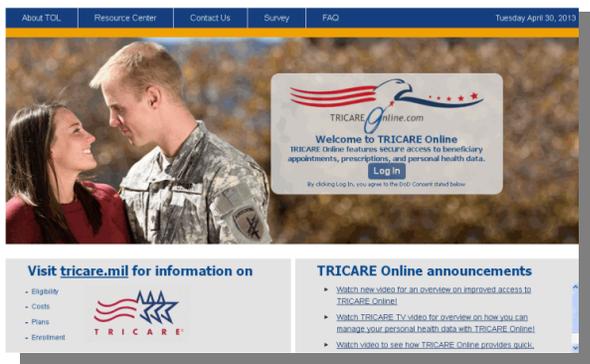
What features does the DoD TOL Blue Button provide?

- Tailor PHD preferences to view all available PHD or a summary of select PHDs
- Choose to download and save in portable document format (.pdf), text (.txt), or an XML-formatted continuity of care document (CCD)*
- Download and save PHD to your own computer
- Print your PHD
- *Share your PHD

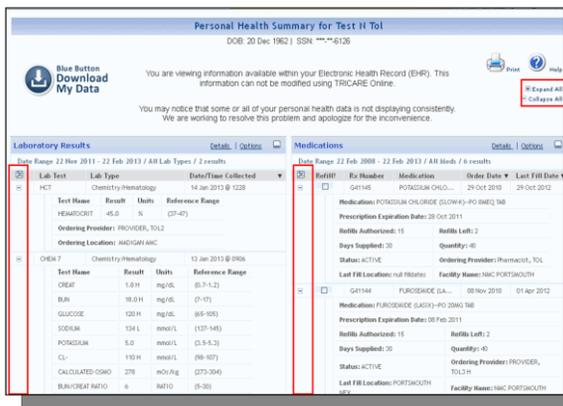
*See page 2 for CCD file sharing instructions

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”.

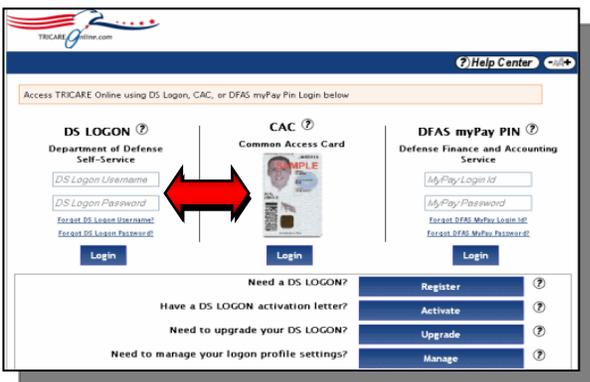
2

Log in with your Premium DS Logon, DoD CAC or DFAS myPay account. If you do not have an account, click “Register”.

3

Click the “Blue Button” to access your personal health data.

2



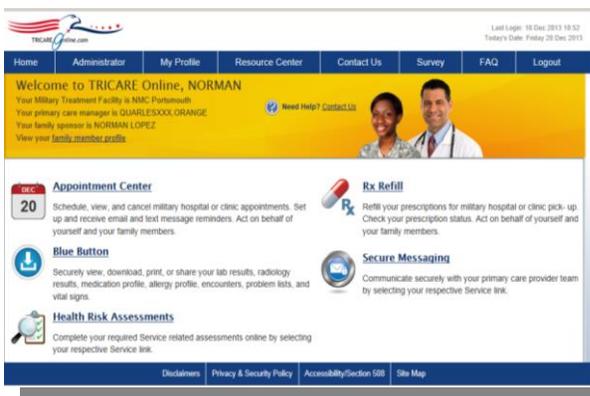
5



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

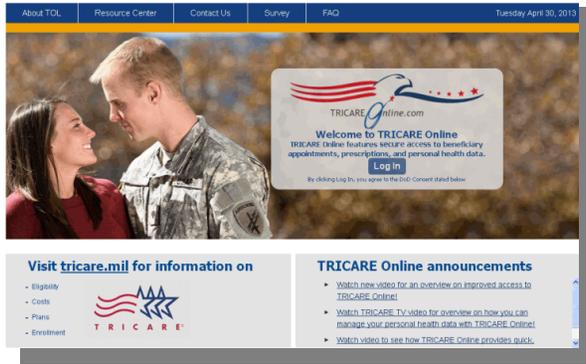


5

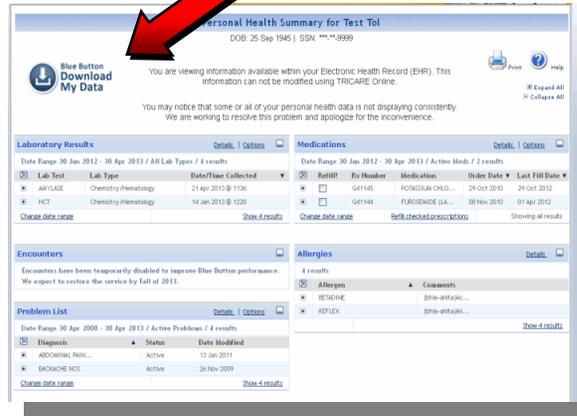
Select the “Blue Button Download My Data” icon to save personal health data to your computer or print. Specify the data types, date range and file format to download your data.

How do I download my DoD CCD from TOL?

1



4



1

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

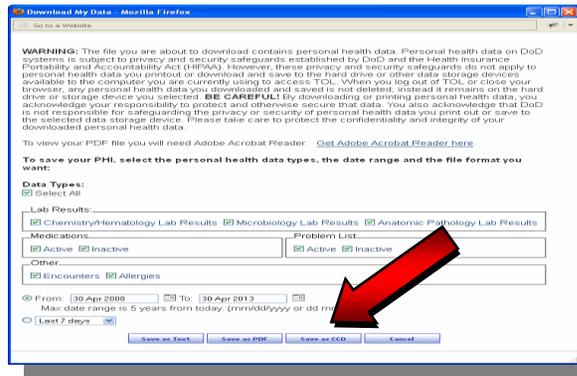
2

Log in with your Premium DS Logon, DoD CAC or DFAS myPay account. If you do not have an account, click “Register”.

2



5



3

Click “Blue Button” to access your personal health data.

4

Click “Blue Button Download My Data”.

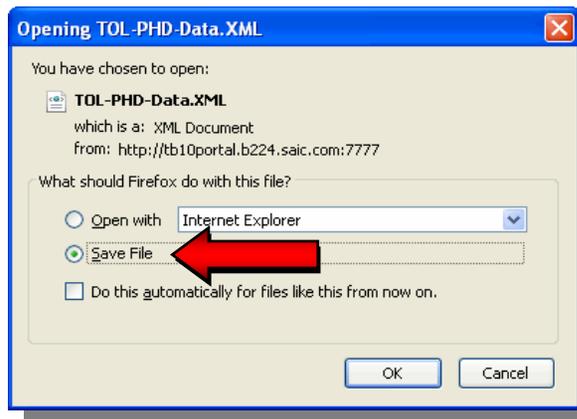
5

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

3



6



6

In the open file dialog box, select “Save File”, click “OK” and save in the location where you want to store the file on your device.

How do I upload my DoD CCD into RelayHealth?

1



The screenshot shows the RelayHealth 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. There are two input fields: "User ID" and "Password". A checkbox labeled "Remember my User ID" is located below the password field. A "Sign In" button is positioned at the bottom right of the form. A link for "I forgot my User ID or password" is located at the bottom center.

3



The screenshot shows the "Import/Export CCD Format Health Data" page. It contains two main sections: "Import or Upload Health Data" and "Export or Download Health Data". The "Import or Upload" section includes a text box for "FileName" and a "Browse..." button, followed by an "Upload" button. The "Export or Download" section features a dropdown menu set to "PDF" and a "Blue Button Download My Data" icon.

1

Sign in to RelayHealth.

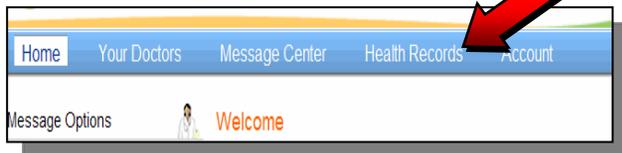
2

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 interface. It includes links for "Home", "Your Doctors", "Message Center", "Health Records", and "Account". Below the navigation bar, there is a "Message Options" link and a "Welcome" message with a small icon of a person.

4



The screenshot shows the "Clinical Data" page. On the left, there is a sidebar menu with options like "Prescriptions", "Personal Information", "Access History", "Forms Submitted", "Tracking Results", "HealthVault", "Import/Export Health Data", "Actions", "Add New Family Member", and "Print This Record". The main content area has a "Files" section with a table. A red arrow points to the "Clinical Data" header, and another red arrow points to the "TOL-PHQ.XML" filename in the table.

| Filename | Revision | Source | Comments | Date |
|-------------|----------|----------|--------------|-----------------------|
| TOL-PHQ.XML | | 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.



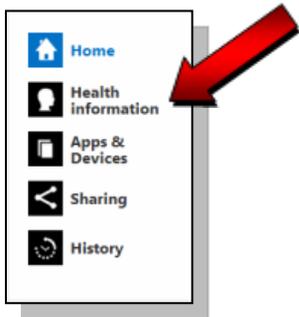
The screenshot shows a vertical menu with the following items: "Prescriptions", "Personal Information", "Access History", "Forms Submitted", "Tracking Results", "HealthVault", "Import/Export Health Data", "Actions", "Add New Family Member", and "Print This Record". A red arrow points to the "Import/Export Health Data" item.

How do I upload my DoD CCD into Microsoft HealthVault?

1



2



3



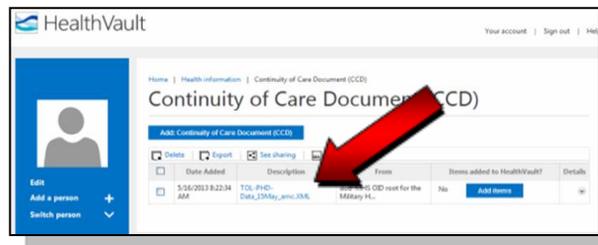
4



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1

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**”.