



# Do You Blue Button?

**What is Blue Button?** Blue Button is a free online tool that allows patients to securely access and electronically download the past 3 years of their health data. The clinical health information may also be securely exchanged with caregivers and loved ones with the goal of improving health outcomes and engaging patients and families in their care.

**How can you Blue Button?** U.S. veterans, members of the military and Medicare beneficiaries have access to Blue Button. Other federal agencies and many companies in the private sector such as UnitedHealthCare and Aetna, are also offering Blue Button to their beneficiaries or members.

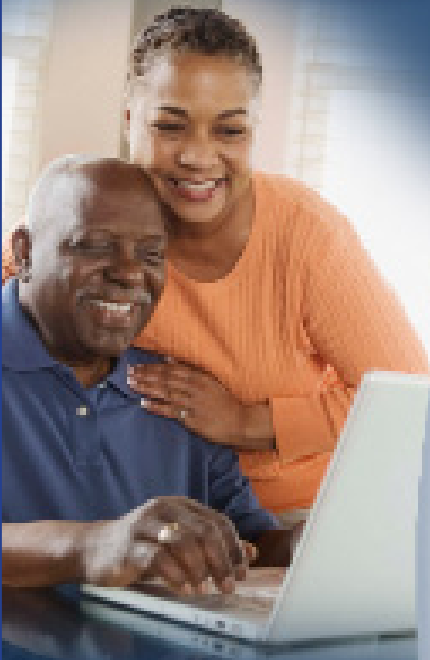
**Where can you Blue Button?** Blue Button is made available through applications that allow you to transmit, view and download your Blue Button information. Several applications are already available for use with BlueButton, including:

- **iBlueButton:** [www.ibluebutton.com](http://www.ibluebutton.com)
- **IDBlueButton:** [www.intelligent.net/?q=mobility/id-blue-button-app](http://www.intelligent.net/?q=mobility/id-blue-button-app)
- **Microsoft HealthVault:** <https://www.healthvault.com/us/en>
- **MyHealthVet (for U.S. Veterans):** <https://www.myhealth.va.gov/index.html>

**To learn more about Blue Button, visit**  
[www.healthit.gov/bluebutton](http://www.healthit.gov/bluebutton) and [www.mymedicare.gov](http://www.mymedicare.gov).

*This project is made possible through a grant from the Office of the National Coordinator with Department of Health and Human Services support. Grant No. 90RC0044/01. Pub #: DERECLF-030613. App 3/13.*

Insert  
REC Logo  
Here



## Obtaining Your Blue Button Data from MyHealthVet

### **Q. What are applications such as “iBlueButton” all about?**

- Applications such as “iBlueButton” provide you alternatives for downloading and sharing your Blue Button data including the ability to download your data onto mobile devices like a smartphone.
- Be sure to take caution and carefully read the information provided by different application providers to make sure that your information is secure and private.
- Visit [myPHR.com](http://myPHR.com) to find out more about personal health information and good practices for managing your personal health data.

### **Q. What is Blue Button and what does it have to do with my health data?**

- Blue Button is the name of a program developed by the Department of Veteran’s Affairs that provides people with the ability to download their health or claims information in an easy-to-read format.
- Blue Button is supported by an ever-growing list of organizations including the Department of Veterans Affairs, Centers for Medicare and Medicaid Services, Department of Defense and several different health providers.

### **Q. Why download My HealthVet Information using Blue Button?**

- Being able to access your MyHealthVet data provides you greater understanding and control over your health information.
- It also makes it easy to share with your doctors, caregivers, or anyone else you choose.

### **Q. Where can I learn more about Blue Button?**

- Further information about Blue Button can be found at <http://www.healthit.gov/bluebutton>

### **Q. How can I get started downloading My HealthVet information from Blue Button?**

- In order to download your MyHealthVet information using Blue Button you will need to access your MyHealthVet user account.
- Visit the My HealthVet login page located at <https://www.myhealth.va.gov> and login if you have an account. Once you are logged in then you will be able to click on the Blue Button symbol to begin the process of downloading your data to your computer or device.
- If you don’t already have an account with MyHealthVet you will need to get registered at <https://www.myhealth.va.gov>. You do not have to be a Veteran to register. Once you have created your account you can then follow the steps above.