

VA



U.S. Department  
of Veterans Affairs

## Sign in

 LOGIN.GOV

ID *me*

DS Logon

My HealtheVet

## Or create an account

 [Create an account with Login.gov](#)

 [Create an account with ID.me](#)

Step One:  
Log into the  
VA.GOV  
website.



# My VA

[Go to your profile](#)

## Health Care



You have 3 unread messages. [View your messages](#)

You have no appointments scheduled in the next 30 days.

Step 2: Click  
on get your  
VA medical  
records.



[Schedule and manage your appointments](#)



[Refill and track your prescriptions](#)



[Request travel reimbursement](#)



[Get your VA medical records](#)



[Manage your direct deposit](#)



[Learn about VA debt](#)

[My HealthVet](#) > [Personal Information](#) > Download My Data

## Personal Information

My Profile

Download My Data

VA Blue Button Report

VA Health Summary

VA Medical Images and Reports

Electronic Record Sharing  
Options

Change Password

In Case of Emergency

My Account



Blue Button  
Download  
My Data<sup>®</sup>

## Select Type of Report

# Click on VA blue button report.

## Download My Data

VA Blue Button Report

VA Health Summary

VA Medical Images and Reports

Electronic Record Sharing  
Options



Blue Button  
Download  
My Data ®

## Download My Selected Data

[VA Blue Button User Guide](#)

[Learn More](#)

[Protecting Your Personal Health Inform](#)

1

### Select Date Range

#### Date Range

3 Months

6 Months

1 Year

Custom

1

#### Start Date

05/05/2022



2

#### End Date

11/05/2022



3

2

### Select Types of Information

Information that you have entered into My HealtheVet is labeled as 'Self-Reported'. Information from the VA Electronic Health Record is labeled as 'VA'.



Select the types of information to include



All Types of Information

4

Step 4: Select date range to custom, then select the date range using the calendar button to the right of the field. Set it as far back as possible. Select all types of information; Then click submit.

Food Journal, Self-Reported

All of the above

#### Goals

My Goals: Current Goals, Self-Reported

My Goals: Completed Goals, Self-Reported

All of the above

#### Demographics and Health Insurance

VA Demographics

(Demographic information from VA Treating Facilities in the last 3 years)

Demographics, Self-Reported

Health Insurance, Self-Reported

All of the above

#### Department of Defense Information

Department of Defense Military Service Information

Step 5: Scroll down until you see submit, then click it.

Submit

Reset

Cancel

Download My Data

VA Blue Button Report

Health Summary

Medical Images and Reports

Electronic Record Sharing

s



## My Download Results

[VA Blue Button User Guide](#)

✓ **Your information update is complete.**

Your report is ready below.

Step 6:  
Click  
download  
PDF and it  
will save  
to your  
downloads  
folder.

### Personal Health Information of

#### DOWNLOAD YOUR DATA

File Contents	File Name	File Size	Request Date	I want to...
Selected Health Data		363 KB	03 Nov 2022 @ 1354	<a href="#">View</a> <a href="#">Download PDF</a>
Selected Health Data		68 KB	03 Nov 2022 @ 1354	<a href="#">View</a> <a href="#">Download TXT</a>

[Back](#)

#### You can:

**View:** View your information in the browser window and print it out. This option does not create a temporary PDF file on the computer or device you are using.