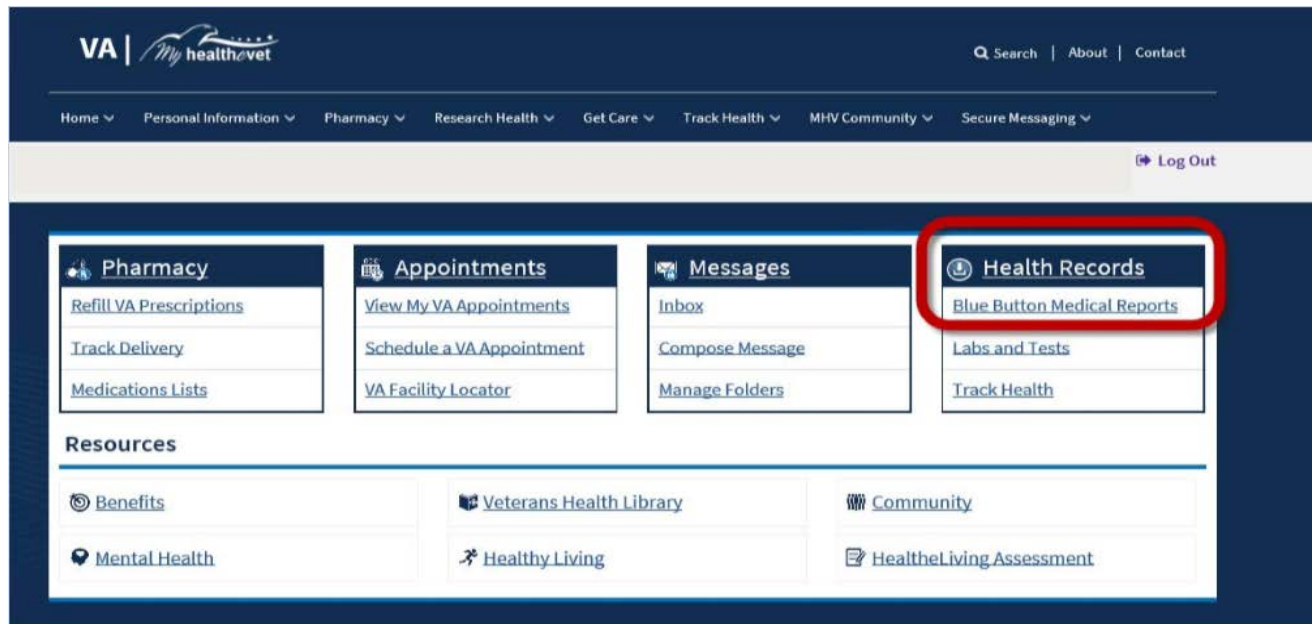
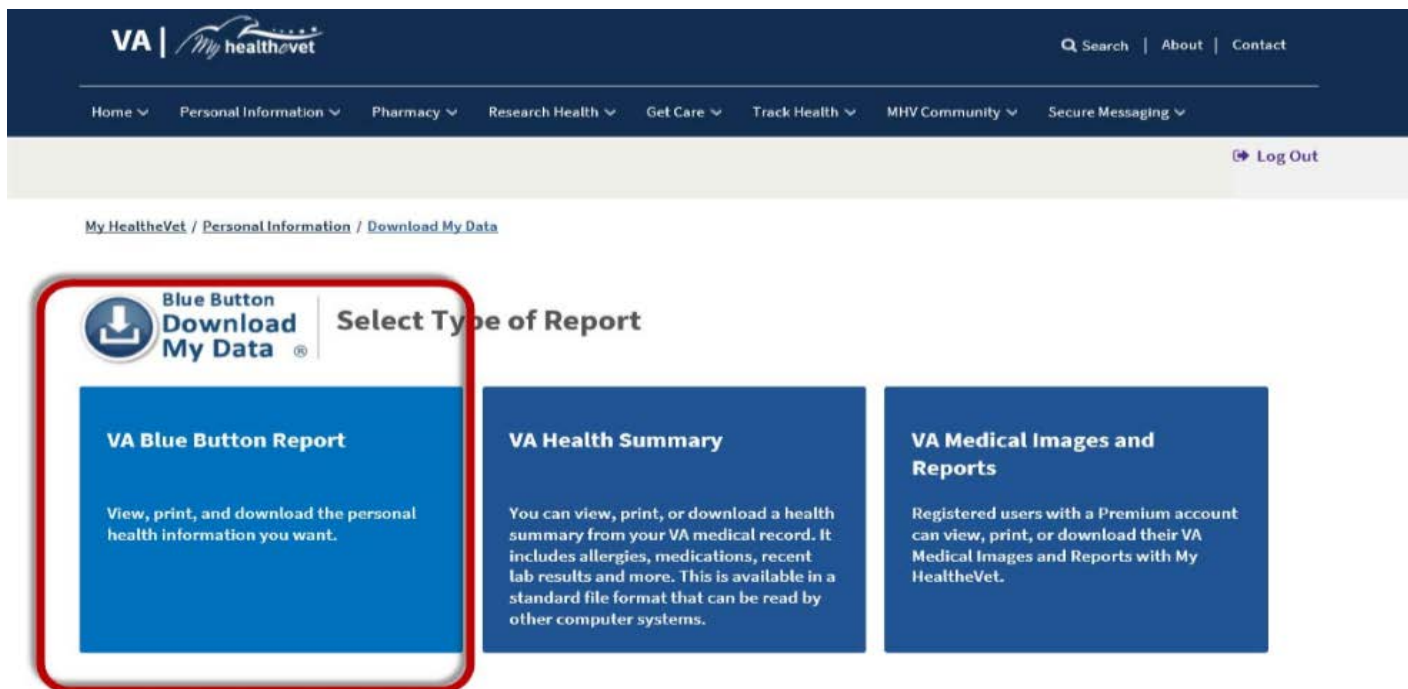




1. Access your health records in the Blue Button Medical Report option pictured below.



2. After accessing your health records, please click on the Blue Button Report Below.





3. After clicking on the blue button report, please select the Custom option for date range and enter your date of discharge and the current date.

My Health e Vet / Personal Information / Download My Data / VA Blue Button Report

### Download My Data

- VA Blue Button Report**
- VA Health Summary
- VA Medical Images and Reports

**Connect Your Docs**

Share Your VA Health Records

You can give VA permission to share your medical records with your non-VA health care provider.

Not yet enrolled? [Learn more and sign up.](#)

**Blue Button Download My Data**

[VA Blue Button User Guide](#) [Learn More](#) [Protecting Your Personal Health Information](#)

### Download My Selected Data

**1 Select Date Range**

Date Range:  3 Months  6 Months  1 Year  Custom

Start Date: 08/12/2018 **PUT DATE OF DISCHARGE**

End Date: 2/12/2019 **PUT TODAY'S DATE**

**2 Select Types of Information**

4. After entering in your discharge date and the current date, please select “All types of Information” as pictured below. (Step Four continues the next page)



## 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

**Appointments**

Future VA Appointments

Past VA Appointments (limited to past 2 years)

All of the above

**Medications**  
(automatically includes

VA Medication History

Medications and Supplements, Self-Reported

Step Four Continued: Check all of the boxes pictured below and click submit.



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

 **Submit** **Reset** **Cancel**

5. Once the Report is complete, please download the PDF version of your Health Report.

**Download My Data**

[VA Blue Button Report](#)

[VA Health Summary](#)

[VA Medical Images and Reports](#)

**Connect Your Docs**

**Share Your VA Health Records**

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Not yet enrolled?  
[Learn more and sign up.](#)

**Blue Button Download My Data** **My Download Results**

[VA Blue Button User Guide](#)

**Your information update is complete.**  
Your report is ready below.

**Personal Health Information of KATELYN [REDACTED]**

**DOWNLOAD YOUR DATA**

File Contents	File Name	File Size	Request Date	I want to...
Selected Health Data	mhw [REDACTED] 20190212_1132.pdf	4981 KB	12 Feb 2019 @ 1132	<a href="#">View</a> <a href="#">Download PDF</a>
Selected Health Data	mhw [REDACTED] 20190212_1132.txt	992 KB	12 Feb 2019 @ 1132	<a href="#">View</a> <a href="#">Download TXT</a>

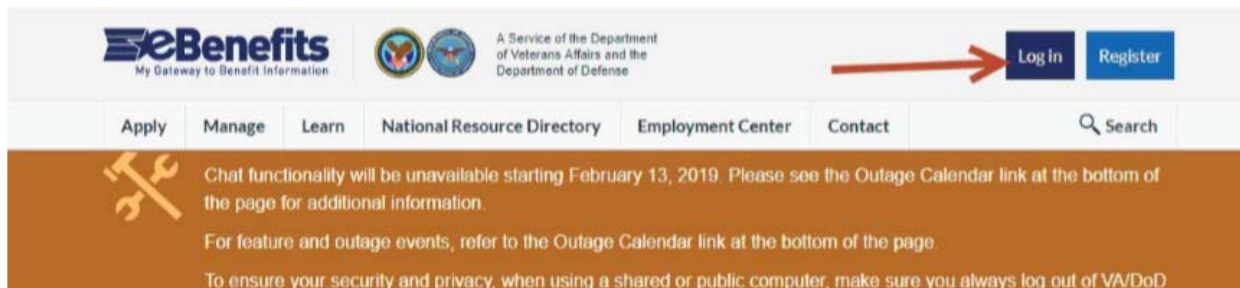
**Back**



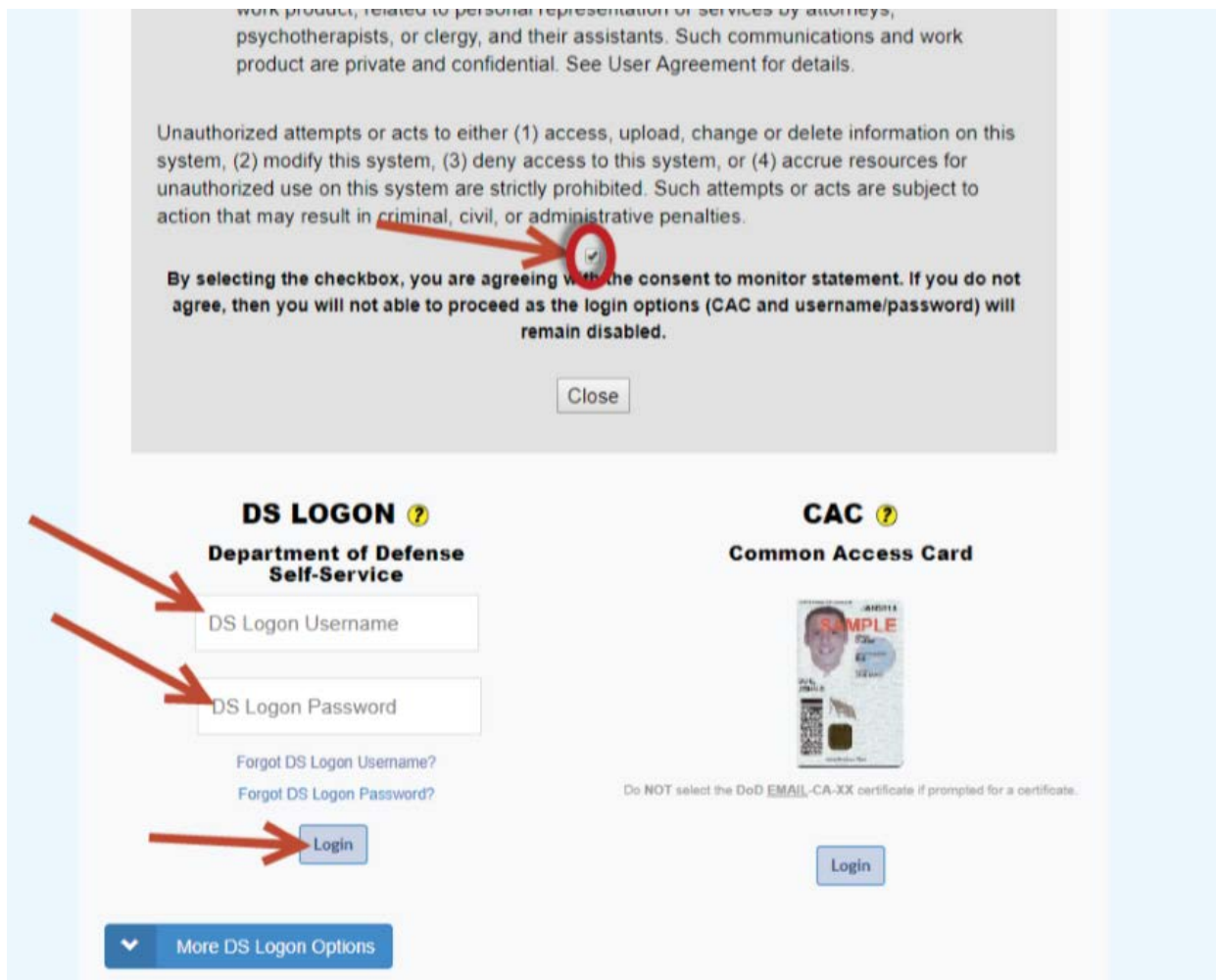
The following website will allow you to view and save your Proof of Service-Connected Disability Information and request your personnel file. The following instructions will help you navigate eBenefits online.

**eBenefits:** <https://www.ebenefits.va.gov/ebenefits/homepage>

- 1. Login if you already have an account (If you do not then please proceed to step two)

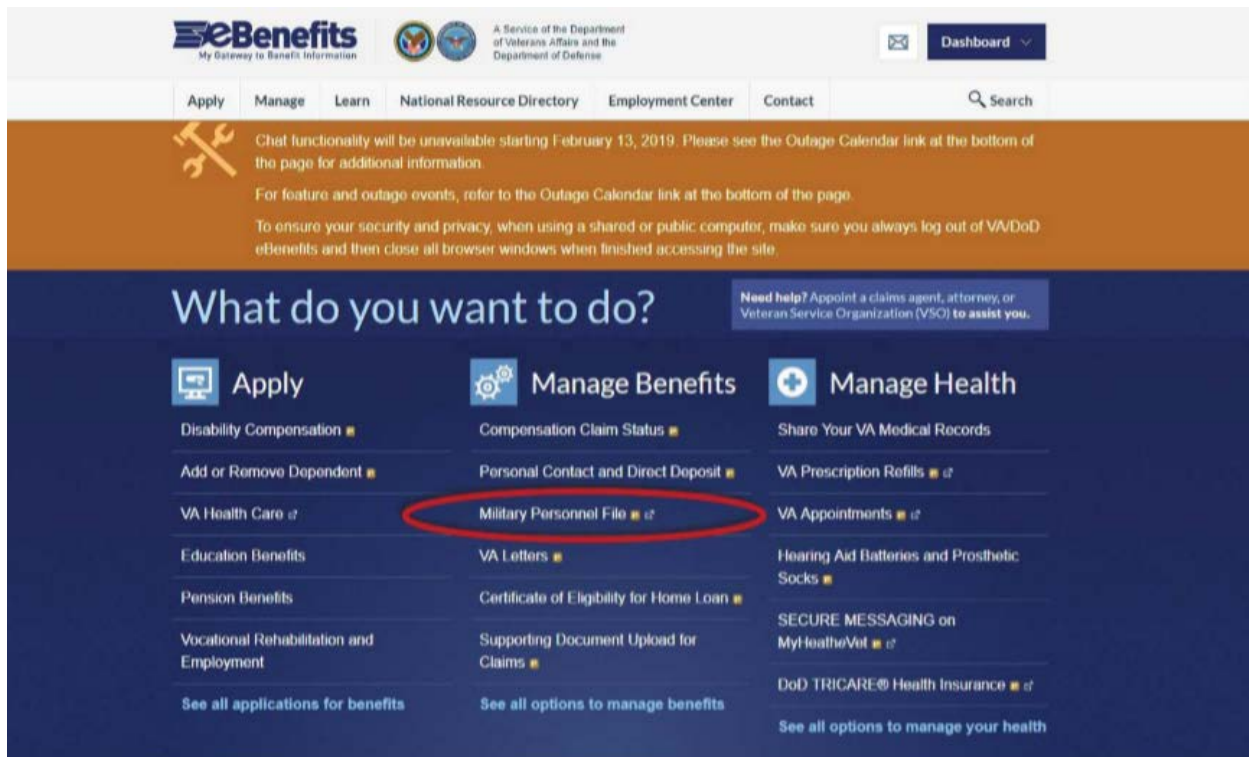


- 2. Please create an eBenefits account by entering in the required information below.



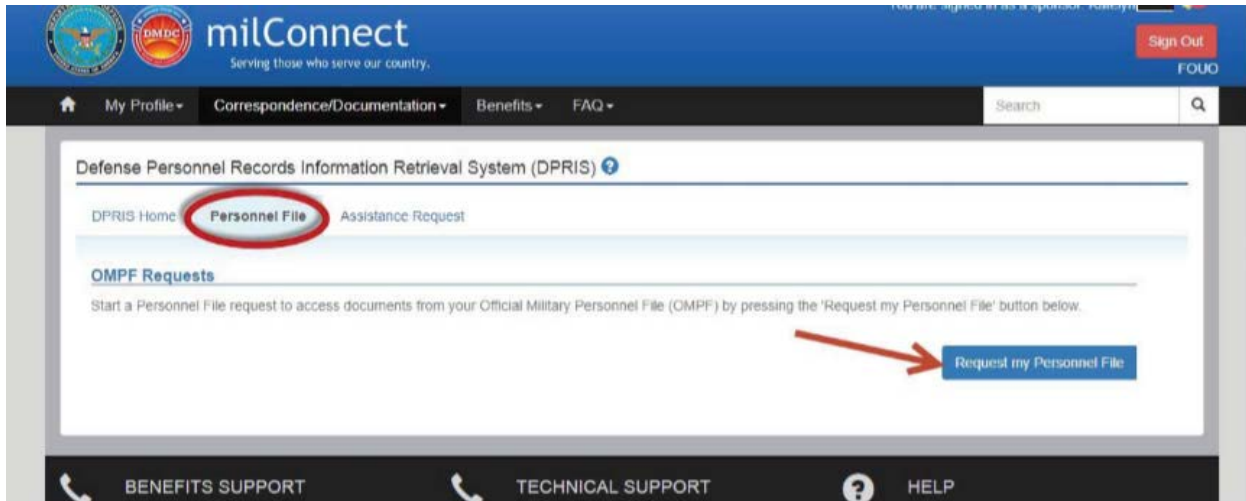


3. After logging into your eBenefits account, please click on the “Military Personnel File” option pictured below.

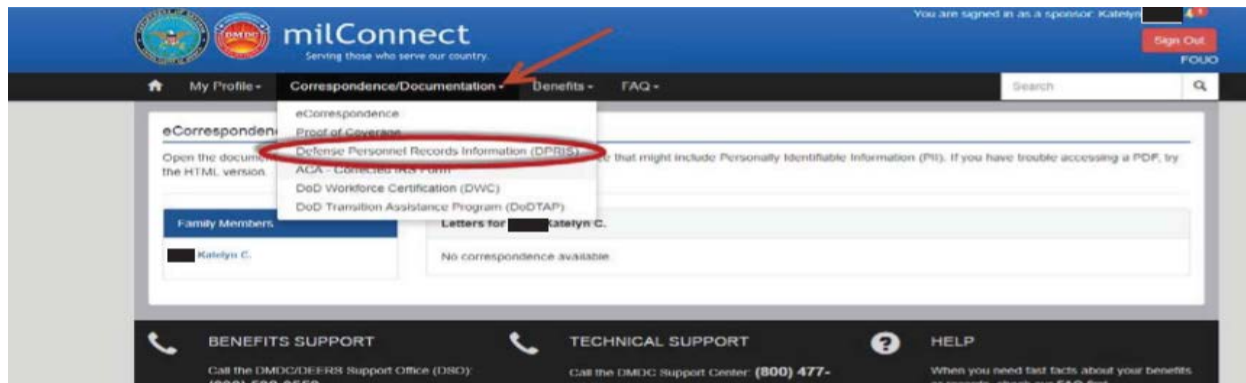




4. The Military Personnel File will pull up the box below. Please click on the “Request my Personnel File” option pictured below.



5. After you successfully request your Military Personnel File, please scroll over the “Correspondence/Documentation” tab and click on the “Defense Personnel Records Information” option as pictured below.





6. The link should take you to the Defense Personnel Records Information Retrieval System (DPRIS). Please completely fill out this section and click the “Select All” option pictured below in the \*Document Index section.

Defense Personnel Records Information Retrieval System (DPRIS)

DPRIS Home Personnel File Assistance Request

### Create New OMPF Request

Complete this form to request copies of documents in your Official Military Personnel File (OMPF). Read "Are my documents available via DPRIS?"

(\*) - Required Fields

**Personnel Information** ← **COMPLETE THIS ENTIRE SECTION**

First Name

\* Last Name

For SSN changes please contact your Unit Personnel Office.

\* Social Security Number

\* Email Address

\* Confirm Email Address

\* OMPF System(s)  Army  Marine Corps  Navy  Air Force

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\* **Document Index**

**Service Computation Group**

**Select All** ←

SC1  DD214/DD215  
 SC2  Service Verification/Computation  
 SC3  Officer Appt/Termination  
 SC4  Enlistment/Extensions  
 SC5  Service Acknowledgement/Agt  
 SC6  Discharge/Separation/Ret  
 SC7  Casualty/Death  
 SC8  Orders/Endorsements

**Performance Group**

**Select All**

PG1  Performance Reports  
 PG2  Commendatory Items  
 PG3  Derogatory Items  
 PG4  Sensitive/Restricted  
 PG5  Photographs

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**Professional History Group**

**Select All**

PH1  Promotion/Adv/Reduction  
 PH2  Service Military Educ/Training  
 PH3  Civilian Education/Training  
 PH4  Service Status/Change/Revision  
 PH5  Chron Assignment History  
 PH6  Quails/Licenses/Certificates  
 PH7  Security Access/Clearance

**Administrative Group**

**Select All** ←

AG1  Dependant Support/Elig  
 AG2  Personal History/Bio  
 AG3  Loan/Tuition Assistance/Elig  
 AG4  Change/Correction/Verification  
 AG5  Medical/Physical/Exam/Findings  
 AG6  Miscellaneous Admin Docs

**Create and Send Request** ←