



## Why Blue Button?



Relieve the pressure of remembering

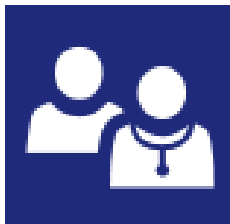


Find the right health information when you need it



Focus on getting well

## What can I do with my Blue Button health information?



### Share

with your doctor, while traveling, considering surgery, moving, or switching insurance.



### Check

the accuracy of your records, monitor changes, and stay aware of your health history.



### Reference

your history to be reminded of when you had your last shot or the exact date of a procedure.



## How do I get my information?

Your health information comes from physicians, hospitals, pharmacies, insurance providers, and more. Start by searching or clicking on company names below that are a part of your healthcare team. To get a complete record of your health information, you may need to retrieve it from more than one source.



### Physicians

John Smith, MD  
Jane Smith, PA  
John Smith, NP



### Hospitals

Kaiser Permanente  
Cleveland Clinic  
Mayo Clinic



### Pharmacies

Walgreens  
CVS  
Walmart



### Lab companies

Quest  
LabCorp



### Insurance companies

Aetna  
United Healthcare  
Blue Cross Blue Shield  
Medicare

## How do I use my information?

Once you have your health information, plug it into apps that help you reach your health goals, analyze trends, and receive recommendations to keep you at your best. Find an app that works for you.

**Browse**

**View All**

### I Want To...

- Connect with a health provider
- Improve fitness
- Keep track of medications
- Manage lab tests
- Manage medical records
- Meet a health goal
- Organize your health history
- Prepare for an emergency
- Track health conditions

### Categories

- Aging
- Allergies
- Asthma
- Cancer
- Diabetes
- Heart disease
- Hypertension
- Mental health
- Other conditions
- Pregnancy
- Weight management
- Wellness



Diabetes 24/7  
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Microsoft HealthVault  
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My CVS/pharmacy  
Prescriptions  
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My Family Health  
Portrait  
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HealthManager  
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Aetna Personal Health  
Record  
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