



# MyHealth Quick Tips:

*Downloading My Health Information*

# Downloading My Health Information

## Create a Summary Report of Your Health Information

1 Navigate to the Download My Health Information Tab.

2 Select the dates to include in your report.

3 Select the format for your report:

The screenshot shows a web interface with a navigation bar at the top containing tabs: Summary, Labs, Reports, My Health Tools, and Download My Health Information. The 'Download My Health Information' tab is highlighted with a yellow box and a '1' in a yellow circle. Below the navigation bar, there is a warning message: 'The Continuity of Care Document you are downloading could have been aggregated from multiple sources and may not have been reviewed by your clinicians.' Below this is the heading 'Create a Summary Report of My Health Information'. Underneath, there is a section titled 'Select Date Range' with four radio button options: '3 months' (selected), '6 months', '1 year', and 'Select Date Range'. To the right of the 'Select Date Range' option are two input fields labeled 'Start Date:' and 'End Date:'. Below these options is another radio button option: 'All Health Information'. At the bottom of the form, there are two buttons: 'Create a Summary (Plain Text)' and 'Create a Continuity of Care Document (CCD)'. The 'Create a Summary (Plain Text)' button is highlighted with a yellow box and a '3' in a yellow circle. A yellow bracket on the left side of the form groups the 'Select Date Range' options and the 'All Health Information' option, with a '2' in a yellow circle next to it.

**Create a Summary (Plain Text)**: Select this format if you want to view your health information. It will open in a consolidated view in a word processing application (ex: NotePad)

**Create a Continuum of Care Document (CCD)**: Select this format if you want to load your health information into a Personal Health Record (PHR) (ex: Health Vault). Please note that you will not be able to easily read this format.