

MyHealth Quick Tips:

Downloading My Health Information

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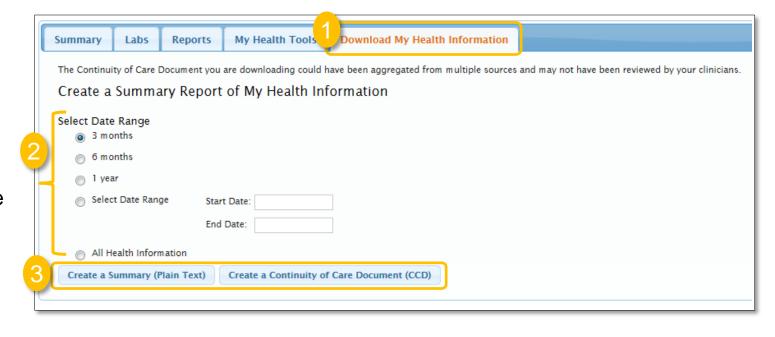
Create a Summary Report of Your Health Information

JOURNEY TO BETTER HEALTH

Navigate to the Download My Health Information Tab.

> Select the dates to include in your report.

Select the format for your report:



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.