

Beginning April 17, 2020, VA will seamlessly and securely share your electronic health record with community providers who are part of your care team through the [Veterans Health Information Exchange](#) (VHIE). This information helps all your providers:

- Better understand your health history and be able to focus more time on what is important to you.
- Develop safe, more effective treatment plans.
- Work together to keep you safe and improve your overall health.

VHIE gives your health care providers a more complete view of your health record to help them make more informed treatment decisions. Through VHIE, community providers who are a part of your care team can safely and securely receive your VA health information electronically. VA only shares your health information with participating community providers via VHIE when they are treating you.

Health information exchanges (HIEs) are a common tool used across the health care industry to improve continuity of care, reduce duplicative tests, and avoid clinical error when patients see health care providers from different practices or networks. VHIE's secure system also eliminates the need to send paper medical records by mail, or to carry your records to appointments with community providers.

For more information on the benefits of sharing, visit the [VHIE site](https://www.va.gov/vhie/) (<https://www.va.gov/vhie/>) before updating your preference below.

**Opt Out:**

I choose not to electronically share my VA health record with my non-VA providers. I understand this means they may not have a complete view of my medical history which could put me at risk. To check your current sharing preference, please contact your VA facility's Release of Information (ROI) Office . If you previously submitted a paper copy of VA Form VA Form 10-10164 (Opt Out of Sharing) or VA Form VA Form 10-10163 (Opt Into Sharing) to your facility's ROI, your request may be in process.