

NHC Cherry Point can now send you your medical records electronically.

The following are the instructions for accessing your medical record from AMRDEC Safe:

1. You will get an email that comes from: **No-Reply@amrdec.army.mil**. Due to the file size it may get sent to your junk/spam folder. You will have 14 days to login and access your file.
2. The email you receive will contain a *link and a password*. Clicking on the link will take you to the AMRDEC website where you will be asked for the password. *The best way to enter the password is to copy it from the email and then paste it into the password box.*
3. After logging in, you will be able to download all the files within the package. *We recommend right-clicking on each file and selecting the "Save Target As" option to select the location to save the file to.*

After downloading all files within the package, you will not be able to log back into download the files again. You may still access the file until all files in the package have been downloaded.

Please print out a copy for your Veterans Administration (VA) appointment. The VA only accepts paper copies.

**\*\*REMEMBER:** *The email you receive is your medical record. You must protect it like you would a paper copy of your medical record! You can print it, save it to a disk, a thumb drive or another external storage device. You may also email it to your civilian medical provider through <https://safe.amrdec.army.mil/SAFE/>*

If at any point during this process you have any questions, please feel free to email Ms. Mary Weigle, at [mary.weigl.ctr@med.navy.mil](mailto:mary.weigl.ctr@med.navy.mil) or call her at (252) 466-0248.