

NHC Quantico can now send you your medical records electronically.

The following are instructions for accessing your medical records from AMRDEC SAFE:

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

***Be advised:

1. After downloading all files, you will not be able to log back into the system again.
2. You must protect your electronic records like you would a paper copy. 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 doctor through <https://safe.amrdec.army.mil/SAFE/>.

If you have questions during this process, please contact Ms. Monique Reid at Monique.c.reid.civ@mail.mil or call (703) 784-1536.