



VA Blue Button: Exploring Your Mental Health Notes

R.E.A.D. Strategy

The R.E.A.D. strategy was developed to help you get the most out of your notes. Consider using these four steps for success as you read your notes.

R – Reflect on how and why you might read your notes

- Think about what you hope to learn
- Choose a reading environment that suits your learning or reading style

E – Explore your notes

- Take your time reading because the contents or language may be unfamiliar
- Keep an open mind about what you are learning

A – Ask questions

- Use the Veterans Health Library to find additional information
- Let your clinician know if you want to discuss your notes or if you need follow up about something, like a test or appointment.

D – Decide how your notes can support your recovery

- It's up to you to decide how you want to use your notes.
- Consider how often and how much of your notes you want to read