

**Individual Longitudinal Exposure Record (ILER)**  
**QUESTIONS AND ANSWERS**  
**Awareness and Outreach Campaign**  
*“Know Your Exposure Story”*

**Questions and Answers**

**Q1. What is ILER? Why should I care?**

A: Your health record doesn't always tell the full story, but ILER helps fill in the gaps.

The Individual Longitudinal Exposure Record (ILER) is a secure system linking documented occupational and environmental exposure information from your military service, including training, deployments, and duty assignments.

Having information in one place can support clinical awareness, VA claims reviews, public health analysis, and long-term health planning. In short, ILER helps keep your exposure history accessible.

**Q2. How do I get an ILER account?**

A: Using your preferred internet browser, go to <https://iler.csd.disa.mil/iler/>.

After accepting the disclaimer and privacy notice, you'll be prompted to request an ILER account using a personal email address.

Once the form is complete and the credentials on your Common Access Card (CAC) are verified, you will see a prompt to "Login to My ILER account".

Selecting this button will automatically navigate you to your Individual Exposure Summary.

**Q3. What information about me should I expect to see in ILER?**

A: ILER helps you see what is on record. You should expect to see a summary of your service-related exposure history compiled from authorized source systems.

This may include information tied to deployments, duty locations/assignments, occupational history, and exposure-related registries, where applicable.

**Q4. What am I allowed to add information to myself?**

A: You may self-report exposure information you believe is missing, such as deployment locations, garrison assignments, exposure events, or registry-related details.

Self-reported entries do not change official source data, but they can provide additional context for clinical discussions and personal documentation.

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**Q5. What happens after I submit self-reported information?**

A: Your submission stays in ILER under the “Self-Reported Information” section. It does not overwrite or modify official records.

Clinicians generally cannot validate or certify self-reported exposure events, but if the information is clinically relevant, they may consider it as supporting context when forming an assessment, care plan, or follow-up recommendations.

**Q6. Who can see my ILER information?**

A: ILER is a secure system. Access is limited to authorized personnel with a legitimate need to know, consistent with federal privacy and DOW security requirements.

Authorized users may include DOW and VA clinicians, VA benefits/claims personnel, and researchers for analysis and policy development.

Service Members and Veterans may view their own record when access is expanded.

**Q7. How is ILER used by medical providers?**

A: Clinicians may use ILER to understand how documented occupational and environmental exposures could relate to current or future health concerns.

ILER supports clinical awareness and may help inform risk assessment, screening considerations, diagnostic thinking, and care planning. It is a decision support tool that complements and does not replace clinical judgment.

**Q8. How does ILER connect to VA benefits and future claims?**

A: Authorized VA personnel may reference ILER to better understand documented service-related exposure history during claims review. ILER does not determine eligibility, disability ratings, or benefit decisions. Those determinations are made through established VA adjudication processes under applicable laws and regulations.

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**Q9. What should I do if I don’t remember exact dates or details?**

A: Provide the most accurate information you can, even if it’s approximate. Month/year ranges, locations, unit information, and a clear description of the exposure event can still be helpful. Submit in good faith to the best of your knowledge.

Self-reported information remains labeled as self-reported; it is not “validated” into official source data by ILER.

**Q10. How often should I review my ILER record?**

A: You’re encouraged to review ILER periodically, especially after deployments, changes in duty station, or before separation/retirement.

ILER compiles data from authorized systems as part of DOW/VA exposure documentation efforts; using the system is optional, but reviewing your record is a smart habit for personal awareness.

**Q11. Who do I contact if I need help?**

A: For account access or technical issues, contact Defense Health Agency Global Support Center at 1-800-600-9332 or email: [dha.jbsa.j-6.mbx.mhs-service-desk@health.mil](mailto:dha.jbsa.j-6.mbx.mhs-service-desk@health.mil).

For clinical questions about what an exposure might mean for your health, contact your military or VA health care provider.

General information updates are added to Health.mil/ILER.