

# Personal Health Records

## *Access to Your Health-Related Information*

Personal Health Records  
put your health information  
at your fingertips.

### Key points to remember:

- A Personal Health Record (PHR) is an electronic tool to help you manage your health care information.
- Having a PHR can make a big difference in an emergency.

It's likely that you have health care information in a lot of different places – at the doctor's office, in hospital records, and even at home. This can make it hard to remember what care you've received, and when. It can also make it more difficult for health care providers to give you the right care, at the right time - particularly in medical emergencies.

Are you interested in accessing your health information in one place? A Personal Health Record may be right for you.



Having easy access to your health information is what Personal Health Records are all about.

**What Exactly is a “Personal Health Record”?** A Personal Health Record (PHR) is an electronic tool that helps you manage your health information. PHRs provide an easy way for consumers to keep all their health-related information – such as records relating to their doctor visits, shots, allergies, and past tests – in one place. PHRs are designed to be easy-to-use and confidential.

**Why Should You Have a PHR?** Having a PHR allows you to keep your health-related information in a single location, which makes it easy to share with family members and health care providers. Having a PHR can also help to avoid duplicative tests or procedures, saving you time and money. And a PHR can be a lifesaver in a medical emergency – when accessing the information in a PHR can help doctors and hospitals provide you better, faster care.

**What Information Should Be Stored in a PHR?** Use your PHR to store the personal information you want to share with health care providers, family, and caregivers. This should include your name, date of birth, and address, and may also include information like health insurance identification, medications, test results, immunization records, allergies, hereditary conditions, and treatment history.

**How Can You Control the Information in a PHR?** With a PHR, you control your information. Since you have a unique user ID and password, only you can view your record. Most companies providing PHRs offer a secure site to protect and keep your information safe.

**How Can You Choose a PHR?** PHRs are available today from a number of sources. Some health plans and doctors offer PHRs, as do a variety of independent companies. For more information visit [www.medlineplus.gov](http://www.medlineplus.gov) > Personal Health Records.

Source: [www.medlineplus.gov](http://www.medlineplus.gov); Centers for Medicare and Medicaid Services.

**Health Disclaimer!** The information in this newsletter is not a substitute for medical advice. It is only for reference and should not be used to determine treatment for your specific medical condition. Only a health care provider can do this. Seek prompt medical care for any specific health issues and consult your physician about the use of prescription or over-the-counter products to treat any medical condition, or before starting any treatment regimen.

