Personal Health Records

What Consumers Need to Know

What is a Personal Health Record?

A personal health record (PHR) is an electronic application used by patients to maintain and manage their health information. PHR's are:

- **Personalized:** The information in your PHR is what YOU decide to include, you chose the information that is most important to managing your health.
- **Secure:** No one will have access to your health information without you disclosing it to them.
- **Portable:** Access your health records from any computer or portable device with your username and password.
- **Easy to Use:** Patients have the ability to manage and annotate their records on the spot.
- **Informative:** The information you choose to include can come from a variety of sources such as primary care physicians, specialists, patients, and personal monitoring devices.

The contents of a PHR are at the discretion of the consumer.

What kind of information goes into a PHR?

The following could potentially be included in a PHR:

- ✓ Blood type
- ✓ Emergency contacts
- ✓ Dates of appointments and results
- ✓ Tests and screening results
- ✓ Major illnesses and surgeries
- ✓ Medications, supplements, and dosages
- ✓ Allergies
- ✓ Chronic diseases
- ✓ History of family illness

More Information:

HealthIT.gov
http://www.healthit.gov/providers-professionals/faqs/what-personal-health-record

CT Health IT
http://www.ct.gov/cthealthit

My PHR (AHIMA)
http://www.myphr.com/StartaPHR/what_is_a_phr.aspx

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