Personal Health Records

What Caregivers Need to Know

What is a Personal Health Record?

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

- ✓ **Personalized:** The information in a PHR is what the consumer and their caregiver decide to include. Together, you chose the information that is most important to managing their health.
- ✓ **Streamlined:** Have access to all the information you need to track and retrieve in one secure, accessible location.
- ✓ **Portable:** Access health records from any computer or portable device with your username and password.
- ✓ **Easy to Use:** Caregivers have the ability to manage and annotate PHR's on the spot. You can also electronically share selected information with providers.
- ✓ **Informative:** The information you choose to include can come from a variety of sources such as primary care physicians, specialists, patients, your observations and personal monitoring devices.

Simplify the task of managing your loved one's health.

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
www.ct.gov/cthealthit

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

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