



## What is a Personal Health Record (PHR)?

PHRs are online programs that allow you to keep your health records in one, easily accessed location. Unlike your legal medical records, a PHR is kept and maintained by you, not your healthcare provider (HCP).

## Why use a PHR?

One of the main benefits of a PHR is that it makes your medical history easier to keep track of. A lot of people have multiple HCPs working with them, each of whom keeps a medical record. Keeping important health information in one place can help you make more informed health care choices.

## What should I include in my PHR?

To be useful, your PHR should include detailed information. You may want to include:

- Names and phone numbers for all of your HCPs
- Pharmacist's name and phone number
- Personal and emergency contact information
- Major surgeries or illnesses, including dates when possible
- Immunizations, screenings, and other procedures, including dates when possible
- Medications, including over-the-counter drugs and vitamins
- Personal medical history
- Family medical history
- Results of your most recent physical
- Allergies

## Are PHRs free?

Some are free, some aren't. Doing a web search is a great way to find free PHRs. Your insurance company or employer may offer free PHRs, too. For example, Aetna, Anthem and United Healthcare have PHRs for their members. You can also ask your HCP or pharmacist if they can recommend a PHR for you.

## Which PHR is right for me?

Different PHRs allow you to store different information. Some are better suited to healthier people, while others are for people with more than one HCP or a chronic condition. You should choose one that fits your needs. Since PHRs are not legal medical records, they are not protected like the records at your HCP's office. Before you choose a PHR, be sure to read the privacy and security information so you understand how your personal health information is protected.