



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).

STEP 1: Get Everything in One Place

Most likely, your health information is scattered around in a lot of different places. Collect as much as you can—medicines you take, recent HCP visits, vaccine records, hospital stays, health screenings, etc.



STEP 2: Organize Your Information

Use your PHR to manage all of the health information you collected. Having your entire medical history in one place can help you to make decisions about your health.

STEP 3: Use It!

Make your PHR work for you! You are responsible for your own health—keeping the information in your PHR up to date will make it easier to use.

Bringing your PHR when you visit your HCP or pharmacist can help you fill out medical forms. Many PHRs also have ways to safely share them with HCPs, pharmacists or caregivers, if you choose to do so. This can be especially helpful when you have more than one HCP.

When using your PHR, make sure to guard the information carefully. PHRs can be helpful in organizing your health information, but they do not have the same protection as medical records. Be sure to keep your password in safe place.