

## KEEPING A PERSONAL HEALTH RECORD\*

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

A PHR is just a collection of information about your health you can keep on paper in a file folder or in your computer. It contains information that you, your family/care giver, physicians, hospitals and other health care providers need to keep you healthy and to treat any health conditions you may have.

### How is a PHR used?

You can keep track of your medicines, health conditions, physicians, and surgeries or procedures and keep that information up to date so you and others understand your health. You can also take the PHR or some of the information it contains with you to medical appointments to help fill out forms or hand to your health care provider.

### What Information Goes into a PHR?

You can decide what and how much information to keep in your PHR. The simplest PHR usually contains the following:

- Your name
- Your date of birth
- Your blood type
- Your emergency contact information
- Your medications with doses
- Your chronic or continuing health problems
- Your allergies including drug allergies
- Your list of surgeries and major medical procedures
- Your family history of illnesses

You can add more information and documents if you wish. The documents may include:

- Advance Directive or Living Will which spells out what actions you want taken if you are no longer able to make health care decisions yourself
- Health Care Power of Attorney which designates who has your permission to make decisions about your health care and treatment if you cannot.
- Results of Tests

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**\*DISCLAIMER:** *The above are suggestions taken from research and experience. There are many health, medical and legal websites with vetted, specific information on these topics.*