

# 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>

##### My PHR (AHIMA)

[http://www.myphr.com/StartaPHR/what\\_is\\_a\\_phr.aspx](http://www.myphr.com/StartaPHR/what_is_a_phr.aspx)

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