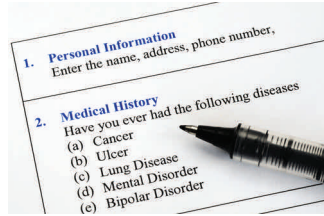


Personal Health Records

What is a Personal Health Record?

A personal health record (PHR) is a collection of a person's medical documentation. PHR's are maintained by individuals or caregivers, as opposed to medical providers or clinics.



Why should I keep Personal Health Records handy?

Keeping your PHR updated means you have your health information on hand and ready for both yourself and anyone involved in your care. A PHR can help provide tailored medical care, faster care in emergency situations, or establishing medical care with new providers.

What information might I want to include in my Personal Health Record?

- Medical history, including things like surgeries and other major occurrences
- Health diagnoses, including things like diabetes, COPD, chronic conditions, etc
- Immunization records
- Allergies, including those to medications, foods, and environmental factors
- Blood type
- Emergency contract
- Insurance information
- A list of regular health providers

Personal Health Records do not need to be signed off from a doctor. It can simply be a paper folder or electronic file with information you collected. They may take some time to compile, but having one handy will be helpful when you need it!

Remember: Health is an ongoing journey that constantly evolves. So keep your PHR updated by reviewing it at least once a year for any changes!



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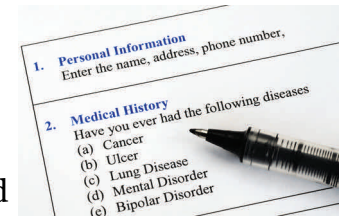
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