



10 Reasons You Should

Complete a Personal Health Record (PHR)

What Is a Personal Health Record?

A personal health record (PHR) serves as a complete record of your current healthcare needs and past medical concerns. On it you record your medical history, medical tests, current medications, vaccinations, allergies, doctors, diagnoses and more.

How Does a PHR Help You?

You can easily lose track of the details about your doctors, tests, and medications, but these details are important to your health. Serious mistakes could happen if these details are not shared when you receive care. A PHR helps you take an active role in your health, which will help lead to better quality of care for you.

How Do I Use It?

You can complete a PHR online or on paper. You can then choose to share it with healthcare providers, caregivers and family members — anyone with a stake in your care. Unlike medical records that can differ from one provider to the next, you have control of your PHR and how it is used and updated.



