

# Creating a Personal Health Record



## WHY YOU SHOULD HAVE ONE:

A personal health record (PHR) is a file you create either electronically or in hard copy form that contains all the important records regarding your or your loved-one's health. The purpose of creating a personal health record is so you have all your medical history available in one place which will enable you to accurately share the details of your or your loved-one's medical history easily.

## PERSONAL HEALTH RECORD VS. PATIENT PORTALS

Many medical practices and healthcare systems now offer patient portals and personal health records that are tethered to the Electronic Health Record (EHR). Patient portals are secure online websites that give you access to personal health information (PHI) anywhere there is an internet connection using a password. These allow you to view summaries of visits, medications, request prescription renewals, view lab results and may also offer email with the healthcare team. The downside is when you have multiple providers that are not using the same portal and EHR system, which is where having your own PHR comes in handy.

## OPTIONS FOR CREATING A PERSONAL HEALTH RECORD:

- Save copies electronically all your records to your computer or a cloud-based program like Google Drive.
- Create a three-ring binder of all your information with divided sections.
- Use an online program or app on your computer, smartphone or tablet.

*\*many physician practices now offer portals but it is still a good idea to have copies saved elsewhere.*

Thank you to our annual partner:

**KYOWA KIRIN**



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## WHAT A PERSONAL HEALTH RECORD SHOULD INCLUDE:

- Personal information including full name and date of birth.
- Blood type (if you know it)
- Emergency contacts
- Contact info for all healthcare providers
  - Including specialists, dentist, eye doctor, etc.
- Insurance information
  - Copy of card, prescription card, summary of insurance coverage including claims and EOB
  - Please note: medical bills often have errors and you should closely monitor your bill and compare against insurance claim.
- Medications with dosages, and prescriber name Including supplements
- Any allergies
- Important family history
- Last physical exam
- List of all significant illness, surgery, diagnoses
- Summary reports from recent doctor visits
- Test results, lab results, dental and eye records, and immunization records
- Notes section for appointments, contacts with insurance company, etc. This should also include your appointment snapshot document

www.



### WEB BASED TOOLS:

- Healthspek  
[www.healthspek.com](http://www.healthspek.com)
- MTBC PHR  
<https://phr.mtbc.com>



### SMARTPHONE APPS:

- Capzule PHR
- Tidy Health PHR
- talkPHR



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