Live Well Monthly
Resources for Better Wellbeing

Powered by
Navigate

Gallagher
Insurance | Risk Management | Consulting

Managing Your Personal Health Record

Your personal health record (PHR[1]), which is separate from the electronic health record (EHR) that your healthcare providers maintain, is a collection of information about your health. Essentially, your PHR serves as a back-up for your EHR.

PHRs can be stored in different formats, from a simple 3-ring binder to a complex online platform. As technology has improved, digital records have made it easier to stay organized and even easier to sort and evaluate your data.

Maintaining a PHR can save you time, reduce redundancies within your healthcare team, and improve the overall quality of your care. The biggest benefit is that your PHR helps you become a more active participant in your healthcare.

Here are a few things to consider including in your PHR:

List of Providers. List the names, phone numbers, addresses, and any other important information about your healthcare team.

Emergency Contact Information. Include your emergency contact information, along with information about who is legally authorized to make medical decisions on your behalf.

List of Medications. Maintain a list of your current medications, vitamins, and supplements, and be sure to include dosages and frequency.

Allergies. Include information about food, medication, environmental sensitivities and allergies, and include any test results if you have them.

Health Insurance Information. Keep your health insurance information updated regularly, so you have quick access to policy numbers and contact information.

Advanced Directives. Include copies of important documents, such as a Living Will, power of attorney (POA), or durable power of attorney (DPOA).

List of Diagnoses. Make a list of all medical conditions and diagnoses, along with the date they were first identified.

Lab Values. Organize your lab values by date, so you can identify changes and trends over time.

Tests & Procedures. Include any tests or procedures you have had as well as the findings of each.

Immunization Records. List your past immunizations and vaccinations, like COVID, tetanus, flu, and pneumonia, and make a note in your calendar when they need to be updated.

Blood Pressure & Weight. Keep a record of key body measurements, like weight and blood pressure, so you can note any changes over time.

Managing your personal health record is just one of the ways you can become a more active participant in your healthcare.

1. https://www.healthit.gov/sites/default/files/factsheets/about-phrs-for-providers.pdf