

Own Your Health Information

Everything you need to know about personal health records

Terms to Know

- **Healthcare Provider:** Anyone licensed to give you healthcare
- **Health Information:** Data about you and your health used by your providers to give you care
- **Medical Record:** A record of your health information maintained by your provider
- **Patient Portal:** A platform that allows access to medical records maintained by your provider

What is a Personal Health Record?

A Personal Health Record is a place where you keep all of your health information, so you can easily see and share it with your providers

Who Benefits From Keeping a Personal Health Record?

- People with chronic conditions that require care from multiple providers
- Caretakers for someone else, such as a young child or elderly family member
- People with health goals they'd like to track
- People who are at risk for a specific condition or disease
- Anyone looking to be more proactive in their care

Why Keep a Personal Health Record?

All your health information in one place



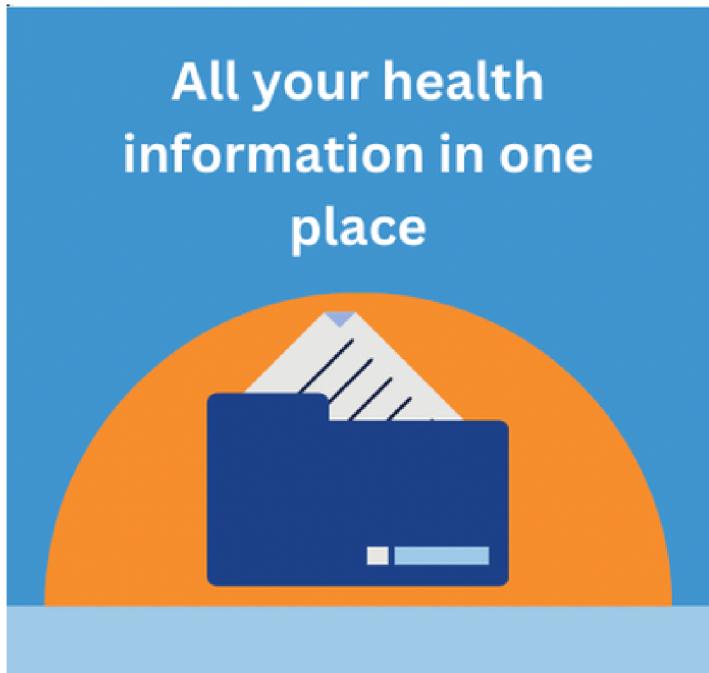
More involvement in your care



Lessen medical costs



All Your Health Information in One Place



- Have your health information available in case of an emergency
- Track your health data daily
- Coordinate care between providers easily

More Involvement in Your Care

More involvement in
your care



- Gain a deeper understanding of your conditions
- Improve communication with your providers
- Track progress towards your health goals

Lessen Medical Costs With No Repeat Tests



Lessen medical costs
with no repeat tests

- No repeat tests
- Lower costs to manage chronic disease

How Are Personal Health Records Different From Patient Portals?

- Does not need to be connected to a system; personal health records can be electronic or paper-based
- You only have one personal health record
- Managed by you
- Made up of multiple sources of health information
- You are always able to enter health data into your personal health record

Introducing MyChart

MyChart is a patient portal that all patients at Bellevue have access to. MyChart allows you to access your medical records anytime, anywhere.

Benefits of MyChart

MyChart not only allows you to view your health records but also:

- Upcoming visits
- Medications
- Test and lab results
- Pharmacies
- Doctors notes

and more!

What Makes MyChart Different?

- **Care Everywhere:** A secure network that with your consent, allows your healthcare providers to share and update your medical records
- **Share Everywhere:** Allows you to give healthcare providers who do not use MyChart temporary access to your medical records through a share code

Thank You!

Questions and Answers