

No Computer? No Problem!

Creating a Paper-based Personal Health Record

You can still keep a personal health record if you do not have consistent access to a computer, are uncomfortable navigating online spaces, or simply think paper records are better for you!

1

Talk to your provider

Medical records can be long. Make sure to talk to your provider to know what information you should request for your personal health record.

2

Request your Medical Records

To request your records, visit <https://www.nychealthandhospitals.org/medical-records/>

To request your records in person, visit the **correspondence office** located on the ground floor in the A building. Make sure to bring a form of identification (like your photo ID).

3

Review and Correct

Once you receive your records, review them to make sure all your health information is accurate and up-to-date. Make sure to keep them in a safe place