The Personal Health Record

Understanding the difference between an Electronic Health Record and a Personal Health Record

Electronic Health Record (EHR)
The EHR is an electronic version of the medical record of the care and treatment the patient receives. It is managed and maintained by the health care provider.

Personal Health Record (PHR)
The PHR is a collection of important information that **you** maintain about your health or the health of someone you're caring for, such as a parent or a child. PHRs may be short and simple or very detailed. A PHR can be in the form of:

- paper documents
- electronic files maintained by you on your personal computer
- documents you create using tools available through the internet

Responsibility for the PHR
You control the information and are responsible for including what you and your healthcare provider need to know. You also maintain the privacy and security.

Managing your own personal health record puts the power in your hands!
Keeping a complete, updated and easily accessible PHR means you can play a more active role in your or your family member's healthcare. With a PHR you can:

- Discuss your health with healthcare providers
- Share information with family members involved in your care
- Have easy access to your health information while traveling, moving, attending college
- Record your progress toward specific health-related goals
- Keep track of:
  - Physician Instructions   -Doctor Appointments   -Allergies
  - Vaccinations   -Medications   -Insurance Claims
  - Other healthcare services

Important information your PHR should include:

- Personal identification, including name and birth date
- Emergency contacts
- Names, addresses, and phone numbers of your physician, dentist, and specialists
- Living wills, advance directives, or medical power of attorney
- A list and dates of serious illnesses and surgical procedures
- Current medications and dosages, including any over the counter medications (e.g. vitamins or herbals)
- Exercise routines
- Immunizations, including dates
- Allergies or sensitivities to drugs, foods, or materials, such as latex
- Important events, dates, and hereditary conditions in your family history
- Test results, eye and dental records
- Letters between you and your healthcare provider
- Counseling you receive
- Dietary practices or special diets
- Health insurance information
- Organ donor authorization

For more information e-mail HIM-Ask-Us@med.umich.edu