

Exercise – CARE Coaching and Selecting PHRs

Asking the right questions is key to determine which PHR product is right for you and your family. This exercise is designed to help you determine exactly that. Review the previously described internet-based tools, *My Family Health Profile* and *ProfileMD*, and respond to the following questions.

Content

1. Will the PHR provide all the information I need for a complete health history?
2. What kind of information can I store in the Internet-based PHR, such as medical conditions (diagnoses), procedures, allergies, medications and other personal information?
3. What kinds of links does the PHR offer for health education information?

Access and Security

4. Can the PHR import my claims or medical information from my health plan and/or doctors?
5. What kinds of features does the PHR offer, such as the ability to print a list of my medications or conditions?
6. Can I easily delete, correct, or add information? How do I do this?
7. Can I give permission to my doctors or family members to look at my PHR for me?
8. What are the PHR's privacy and security policies?
9. If a doctor offers a PHR, can I refill prescriptions through the tool? Or make appointments?

Portability

10. What will happen to my information if the company that provides the PHR goes out of business or becomes part of another company?

11. Can I easily transfer information to another PHR sponsor?