

# Personal Health Record

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The Personal Health Record (PHR) is a tool that you can use to collect, track and share past and current information about your health or the health of someone in your care. A personal health record gives you a home to maintain and manage your health information in a private, secure and confidential environment.

A PHR is different from an Electronic Medical record (EMR). An EMR is typically entered by and accessed by health care providers and may only have information from one provider or practice. The PHR is a record controlled by **YOU** and can contain health information from a number of providers.

Important points to know about a Personal Health Record:

- You should always have access to your complete health information
- Information in your PHR should be correct, reliable and complete
- You can decide how and when to share the health information with providers
- A PHR is a separate form and does not replace the legal medical record of any provider

Nationwide Children's Hospital does not endorse any products. The following list provides links to a variety of portable health records currently available:

- [Medicalert.org](http://Medicalert.org)
- [Healthspek.com](http://Healthspek.com)
- [Personalportableelectronicmedicalrecords.com/Home.html](http://Personalportableelectronicmedicalrecords.com/Home.html)

Web-based, software based and paper-based PHR tools as well as Spanish versions can be found at: [myphr.com/resources/chose.aspx](http://myphr.com/resources/chose.aspx)

**Visit [NationwideChildrens.org/Rehab](http://NationwideChildrens.org/Rehab) for more information.**



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