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) and different from MyChart or a patient portal. These portals are accessed and maintained by a hospital or a health care provider. 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 separate from a portal and does not replace the legal medical record of any provider
• A PHR can contain all of your doctors’ names and contact information; medical information; medications; allergies; dates of illnesses; surgeries; living will or advanced directives; family history; immunization history and much more.

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

• Usbmedichip.biz (flash device; plugs into USB port)
• Healthspek.com (free app)
• Personalportableelectronicmedicalrecords.com/Home.html (flash device; plugs into USB port)
• Web-based, software based and paper-based PHR tools as well as Spanish versions can be found at: myphr.com/resources/chose.aspx

Visit NationwideChildrens.org/Rehab for more information.