

# 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) 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](http://Usbmedichip.biz) (flash device; plugs into USB port)
- [Healthspek.com](http://Healthspek.com) (free app)
- [Personalportableelectronicmedicalrecords.com/Home.html](http://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](http://myphr.com/resources/chose.aspx)

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



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