

Personal Health Record

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:

- **Healthspek.com** (free app)
- **www.NoMoreClipboard.com**
- Your Family Member's Personal Health Record, Next Step in Care:
www.NextStepInCare.org/CareGiver_home/Personal_Health_Record
- Taking Care of Myself: A Guide for When I Leave the Hospital, Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services
www.ahrq.gov/patients-consumers/diagnosis-treatment/hospitals-clinics/goinghome/index.html

Visit NationwideChildrens.org/Rehab for more information.



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