

Personal Health Records

A Personal Health Record [or PHR] contains all of your personal health data over your lifetime. It is compiled jointly with you and each of your health care providers. Often, many of us have numerous doctors for different aspects of our health care. Some of us may even have doctors from various regions as we've moved throughout the United States or the world. This division of data makes it increasingly difficult for your physicians to accurately treat or manage your health. The following links will provide you with more information regarding PHRs including what it is, why it's so important, how to make your own, and storage options.

Personal medical records, Medline Plus, by the National Institute of Health,
<http://www.nlm.nih.gov/medlineplus/personalmedicalrecords.html>

Free personal health care forms are available at:

http://www.mercksource.com/pp/uf/cns/cns_patient_resources_savard_form.jsp

http://www.myphr.com/resources/phr_search.asp

<http://www.ahrq.gov/ppip/adguide/adcharts.htm>

For a preprinted personal health record booklet that may be purchased for 10 USD, see:

<http://www.yourpersonalhealthrecord.com/>

Software options for purchase:

15 USD- <http://www.crispcode.com/>

Free electronic storage for PHR:

<http://www.ihealthrecord.org/index.html>

Please note: This is an American based service that will not link to your French doctor's office. However, you may still access and maintain this site. You are encouraged to take a tour of this site to ensure that it fits your needs. It is a free site. This service is funded by American physician and hospital groups who license the service for their patients, through integration fees paid when physicians offer Online Consultations for their patients, through integration fees paid for by software companies and by customized software feeds paid for by health plans and medical manufacturers.