

**TAKE
CHARGE**
OF YOUR HEALTH

YOUR PERSONAL
HEALTH MANUAL

Personal Health Record: A Tool For Managing Your Health

Throughout the years it is likely that you will visit a handful (or more) of health care providers. In turn, your medical information may become scattered between many clinics and offices.

As a health care consumer, this is problematic. What if a specialist is uninformed about an allergy to a medication your physician is planning to prescribe you? Or how will your physician know that your cholesterol levels increased significantly this year if he/she isn't aware of what your levels were last year or the year before?

The answer is that he/she may not be aware of this unless you know and communicate the information to them. And that's why a personal health record is an essential tool for all individuals who want to manage their health and health care well.

Maintaining a personal health record ensures that your most important health information is stored in one location and available to you, family members, and health care providers when needed. With your personal health record, you are empowered to:

- **Knowledgably discuss your health and health care decisions with health care providers.**
- **Be more aware of and monitor your personal health status over time.**
- **Provide important health information to new health care providers.**
- **Keep an active eye on your progress toward your health and wellness goals.**
- **Reduce or eliminate unnecessary duplicate tests and procedures ordered by providers.**
- **Stay up-to-date on vaccinations and preventive health activities.**

Keep in mind that your personal health record and your medical record **ARE NOT THE SAME.**

- **A medical record includes information about your health and is compiled and retained by each of your health care providers.**
- **The personal health record contains your important health information and it is maintained by you.**

Each will contain slightly different information.

Constructing a personal health record is a good first step for those wanting to play a more significant role in monitoring and managing their health and health care decisions. The Take Charge wellness incentive challenge provides individuals with a step-by-step process to create a personal health record. Give it a try today!