

EMPOWERED PATIENT[®]

“Ten Things Patients Should Know” Series

WHAT TO INCLUDE IN YOUR PERSONAL HEALTH RECORD (PHR)

1. **PERSONAL SECTION:** Include your full legal name, address, insurance information, names and phone numbers for emergency contacts and advocates, and your power of attorney (POA), advance directive and medical wishes documents.
2. **CURRENT CONDITIONS:** List your official diagnosis and name of provider who made the diagnosis.
3. **MEDICATIONS:** List full name of medication with dosages and time of day taken. List the prescribing provider and the name and phone number of your pharmacy. Be sure to update as needed.
4. **NAME AND CONTACT INFORMATION FOR ALL PROVIDERS:** Remember to include dentists, optometrists, chiropractors, physical therapists, etc.
5. **ALL ALLERGIES, INCLUDING MEDICATION ALLERGIES:** List specific reaction and the date of occurrence.
6. **RECENT PHYSICAL EXAMS AND OTHER VISITS TO PROVIDERS:** Keep track of the dates and the follow-up from the visit and place the new information at the front of the section.
7. **IMMUNIZATION RECORDS:** Include the dates given and when additional doses or boosters are due.
8. **COPIES OF ALL CONSENT FORMS, LAB REPORTS, AND IMAGING REPORTS:** Include privacy notices, authorizations from insurance companies, x-ray, MRI and CT scan reports and reports from mammograms and sonograms.
9. **FAMILY MEDICAL HISTORY:** Include all known medical conditions, cause of death and age at time of death for siblings, parents and grandparents.
10. **HOSPITAL DOCUMENTATION:** Include Discharge Summaries, copies of pathology reports and Operative Reports for all surgical procedures.