



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 PHR 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 MyCHP. 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 PHR:

- You should always have access to your complete health information
- Information in your PHR should be complete, reliable, and correct
- 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.

UPMC Children's Hospital of Pittsburgh does not endorse any products. The following list provides links to a variety of PHRs currently available.

- Healthspek.com (free app)
- My Personal Health (free app)
- Tidy Health PHR (free app)
- www.NoMoreClipboard.com
- Your Family Member's Personal Health Record, Next Step in Care: www.NextStepInCare.org/CareGiver_home/Personal_Health_Record

Visit www.chp.edu/our-services/rehab/chru for more information.