



Health literacy 101

# Your personal health record matters

Patients who are willing to talk with their health care providers tend to be happier with their care. A good way to start those conversations is with a personal health record.

A personal health record is different from the medical records your health care providers keep. It's your own tool you can use to track the details of your health care. You can then share that information with health care providers when they need to know more about you.

## Today's lesson

- What is a personal health record?
- Why should you create a personal health record?
- What should you include in your personal health record?

## 5 key benefits

Keeping a personal health record can help you get organized so your health care providers can take better care of you. It can also help you with:



**REMEMBERING**  
when it's time  
for tests or  
screenings



**TRACKING**  
family members'  
health problems  
that might put  
you at risk



**RECALLING**  
when symptoms  
began, got worse or  
got better



**MANAGING**  
your health  
in between  
office visits



**ADVOCATING**  
for yourself  
in a medical  
emergency

# 4 ways to store your personal health record

There's no one right way to keep track of your health. What's most important is that you choose a format that you can update often and update often, access easily and store securely.



## AN EASILY UPDATED LIST

Like a printable computer document or spreadsheet



## AN ONLINE TOOL like the one on [TheTennesseePlan.com](http://TheTennesseePlan.com)

Log in and select "Health center" from the myMenu, then choose the "Keep a health record" tile to get started



## A NOTEBOOK

or journal



## A HEALTH APP

(some smartphones come with one already installed)

## What to include in your personal health record



Name \_\_\_\_\_

Birth Date \_\_\_\_\_

Blood Type \_\_\_\_\_



- Allergies:** Drug/Food/Environmental
- Medications:** Prescription/Over-the-Counter/Supplements (Names, Dosages, Frequency, How Long You've Been Taking)
- Health Care Visits:** (Names of Providers, Dates, Reasons)
- Hospitalizations:** (Dates, Reasons)
- Tests, Procedures, Screenings:** (Dates and Results)
- Major Illnesses and Surgeries:** (Dates and Details)
- Chronic Health Problems and Treatment Plans**
- Immunization History**
- Exercise Habits, Dietary Plans, Health Goals**
- Family History**
- Living Will/Advanced Directives**
- Emergency Contact Information**



We know that health care and health benefits terms can be difficult for anyone.

Log in to **umr.com** and select the Glossary tile to find thousands of terms defined in plain, clear language to help you make informed decisions.



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