

Personal Health Record (PHR) Checklist

A personal health record (PHR) is a continually updated collection of important information about your health or the health of someone you're caring for. When collecting information from your health records, be sure to include:

- Personal identification, including name, birth date and social security number
- Emergency contacts
- Names, addresses and phone numbers of physician, dentist and other specialists
- Health insurance information
- Living wills and advance directives
- Organ donor authorization
- A list of significant illnesses and surgeries
- Current medications and dosages
- Immunizations and their dates
- Allergies
- Important events, dates and hereditary conditions in your family history
- Results of a recent physical examination
- Opinions of specialists
- Important test results
- Eye and dental records
- Correspondence with insurance provider(s)
- Permission forms for release of information, operations and medical procedures
- Exercise regimen
- Use of herbal medications
- Record of mental health care or counseling

Source: American Health Information Management Association®, 2006