



Managing Your Personal Health Record

Your personal health record (PHR¹), which is separate from the electronic health record (EHR) that your healthcare providers maintain, is a collection of information about your health. Essentially, your PHR serves as a back-up for your EHR.

PHRs can be stored in different formats, from a simple 3-ring binder to a complex online platform. As technology has improved, digital records have made it easier to stay organized and even easier to sort and evaluate your data.

Maintaining a PHR can save you time, reduce redundancies within your healthcare team, and improve the overall quality of your care. The biggest benefit is that your PHR helps you become a more active participant in your healthcare.

Here are a few things to consider including in your PHR:

List of Providers. List the names, phone numbers, addresses, and any other important information about your healthcare team.

Emergency Contact Information. Include your emergency contact information, along with information about who is legally authorized to make medical decisions on your behalf.

List of Medications. Maintain a list of your current medications, vitamins, and supplements, and be sure to include dosages and frequency.

Allergies. Include information about food, medication, environmental sensitivities and allergies, and include any test results if you have them.

Health Insurance Information. Keep your health insurance information updated regularly, so you have quick access to policy numbers and contact information.

Advanced Directives. Include copies of important documents, such as a Living Will, power of attorney (POA), or durable power of attorney (DPOA).

List of Diagnoses. Make a list of all medical conditions and diagnoses, along with the date they were first identified.

Lab Values. Organize your lab values by date, so you can identify changes and trends over time.

Tests & Procedures. Include any tests or procedures you have had as well as the findings of each.

Immunization Records. List your past immunizations and vaccinations, like COVID, tetanus, flu, and pneumonia, and make a note in your calendar when they need to be updated.

Blood Pressure & Weight. Keep a record of key body measurements, like weight and blood pressure, so you can note any changes over time.

Managing your personal health record is just one of the ways you can become a more active participant in your healthcare.

1. <https://www.healthit.gov/sites/default/files/factsheets/about-phrs-for-providers.pdf>



Tips for Choosing a Health Care Provider

Assembling a trusted healthcare team is essential, and selecting a primary care provider is one of the most important decisions you can make.

There are many reasons you may need to choose a healthcare provider². These are just a few:

- Your doctor moves or retires
- You move
- You have a new diagnosis that requires a different level of care or specialty

When choosing a healthcare provider, here are a few tips to consider:

Contact your insurance plan. Contact your insurance plan first to find out which providers are covered under your plan.

Read reviews. Read provider reviews on Healthgrades³ or call⁴ your local or state medical board to check the standing of the providers you are considering.

Ask local friends & family. Find out which providers your friends and family see, and ask about their experiences.

Consider affiliations. Check to see if the doctors you are considering are affiliated with your preferred hospital system.⁵

Consider location. Consider how far the commute is to the provider's office and find out if there are telehealth options available as well.



Ask questions. Once you have narrowed down your list, call each of the physician's offices directly and ask a few more questions like these:

- Is the doctor currently accepting new patients?
- How far out are appointments being scheduled?
- What is the process for refilling prescriptions?
- Which hospital affiliations does the doctor have?
- Are there telehealth options?

When it comes time to choosing a healthcare provider, carefully weigh your options and remember to explore the resources offered through your employer's health plan.

2. <https://www.nia.nih.gov/health/how-choose-doctor-you-can-talk>
3. <https://www.healthgrades.com/>

4. <https://www.nia.nih.gov/health/how-choose-doctor-you-can-talk>
5. <https://www.healthgrades.com/right-care/patient-advocate/>



Must-Haves for Home Safety

Home safety is an important yet often overlooked form of preventive care. Being prepared helps you respond more quickly and easily when an unexpected emergency arises.

Here are a few basic must-haves to get you started:

Fire Extinguishers

Place a fire extinguisher in each area of your home where there is a heat source, and consider taking a fire safety class in your community.

Smoke Alarms

Make sure your smoke alarms are in good working order and replace batteries regularly. If your home has more than one story, it is also a good idea to have fire ladders accessible, especially in bedroom areas.

Fireproof Safe

Protect important documents, such as passports, wills, jewelry, birth records, and cherished heirlooms in a fireproof safe.

Emergency Menu

Keeping a shelf-stable food supply is essential in case of a power outage, storm, or other emergency.⁶ It helps to choose foods that you consume regularly, so you can rotate through them throughout the year. Remember to check supplies periodically for any expired items.



Portable Battery Starter

Having a backup power supply will ensure that you can still place emergency calls during an extended power outage. As a bonus, many models can also be used to restart your car battery.

First Aid Kit

Check your first aid kit regularly to make sure it is fully stocked, and replace any expired or damaged items.

A Plan

Sit down with your family to make sure everyone knows what to do and where to go in various emergency situations, such as fires or tornadoes.

Being prepared for emergencies will help ensure that you have what you need to keep your family safe and healthy.

6. <https://www.ready.gov/food#supplies>

Strawberry Avocado & Feta Salad

Ingredients

- 4-6 cups arugula/spinach/mixed salad greens, washed
- 1 cup strawberries, chopped
- 1 avocado, diced into cubes
- 1/3 cup feta cheese, crumbled
- 3 tablespoon sunflower seeds, unsalted
- 6 tablespoon olive oil
- 2 tablespoon balsamic vinegar
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon honey
- Optional: Drizzle aged balsamic along top of salad

Instructions

1. Clean salad greens and place into large bowl.
2. Secondly, add strawberries, avocado, cheese.
3. Top salad greens with seeds.
4. Drizzle greens and toppings with Dijon balsamic dressing.
5. Finally, toss to combine.

Prep Time	Cook Time	Servings
15 minutes	na	4



Nutrition Facts

Calories	359
Total Fat	34.9g
Cholesterol	11mg
Sodium	181mg
Carbohydrate	11.9g
Dietary Fiber	5.3g
Total Sugars	4.3g
Protein	4.5g