

Personal Health Record



John Smith

GE

Welcome to the electronic age of managing all pertinent personal and family health information. Print this report and share it with those you matter to you- your doctor, your family, your friends or your hospital. Save yourself the hassle of completing health information at each doctor's office/hospital.

We strongly recommend you to carry this with you while traveling to aid you and those providing medical attention to you, in case of any unforeseen medical emergency.

What are the Benefits of a PHR?

Besides many others, here are some advantages of completing, storing, updating and sharing your health information:


To You:

- It will reduce or eliminate duplicate tests to ensure a faster and safer diagnosis as well as treatment plan in the event of an emergency.
- This will save you from spending extra money on redundant tests as well as your precious time.
- You can track your immunizations, medications, prescriptions, allergies, etc. without your doctor's help.
- Your medical provider will be abreast of all past surgeries (and associated complications, if any), procedures, tests and diagnosis.
- Reduce limitations of telephone and face-to-face communication challenges by transmitting this data electronically to your doctor to provide a comprehensive and updated report of your health.

To Your Doctor/Primary care Physician:


- It will provide rapid access to clinically relevant data.
- It will save him/her the hassle to collect and coordinate data from numerous external sources such as pathological labs and other specialist consultations. This data is usually not available during an unplanned visit to the doctor, thus forcing him/her to spend more time and energy to obtain the necessary information to provide the optimum care.
- In countries like India, this is a vital piece of information, as centralization of health information is rare and in primitive developmental stages.

Identification



Name:	John Smith	Birthmark:	None
Address:	28 Hills Drive	Blood Type:	A+
City:	Belle Mead	Date Of Birth:	04-03-1970
State:	NJ	Gender:	Male
Country:	USA	Organ Donor:	Yes
Home Phone:	0	Weight:	174 lb
Work Phone:	7325797777	Height:	5 Feet 8 Inches
Mobile:		Eye Color:	Black
Email:	Smith.John@ge.com		
Hair Color:	Black		

Emergency Contacts



Name:	Marianne	Relation:	Spouse
Address:	28 Hills Drive		
Home phone:	7325797766		
Work Phone:	6097360011	Mobile No:	9085410477
Email:	marianne@gmail.com		

Name:	Mary Smith	Relation:	Wife
Address:	28 Hills Drive Belle Mead, NJ		
Home phone:	9088766665		
Work Phone:		Mobile No:	
Email:	mary.smith@gmail.com		


Physician Information



Name:	Dr. Alan Green	Speciality:	Dentist
Phone:	9085410766	Mobile:	
Email:			

Name:	Dr Weingarten	Speciality:	GP
Phone:	7328876655	Mobile:	
Email:			

Dental Health and Dentist Information



Name:	Hughes Smith	Phone:	2147483647
Mobile:	2147483647	Email:	hs@hsds.com
Visited Date:	01-10-2008	Treatment:	Root Canal
Existing Diseases:	Gingivitis, Plaque, Root canal		

Insurance Provider

Company Name: New York Life
Phone No: 2123456767
Member Id: 213335576

Address: New York
Email: supriya.bakshi@newyorklife.com
Website:

Company Name: BCBS
Phone No: 7325798877
Member Id: 232466655

Address: South Brunswick, NJ
Email: rakesh@bcbs.com
Website: www.bcbs.com

Medical Health History

Diseases: Arthritis, High Cholesterol, High Blood Pressure
Other Disease: Shortness of Breath

Infectious Diseases

Disease Name: Measles Age: 14
Date: 03-11-2009
Remarks:

Disease Name: Chicken Pox Age: 7
Date: 17-10-1979
Remarks:

Other Disease: H1N1 Age: 40
Date: 16-09-2009
Remarks: Tough luck

Allergies/Sensitivities

Allergy Type: Food allergy
Reaction:

Allergy Type: Eye allergies (conjunctivitis)
Reaction: Existing
Other Allergy: Nuts

Immunizations

Diseases Name: Polio
Booster1

Age:	0	Date:	00-00-0000
Booster2			
Age:	22	Date:	12-10-1993
Booster3			
Age:	34	Date:	07-10-2005

Diseases Name:	Tuberculosis		
Booster1			
Age:	18	Date:	11-10-1989
Booster2			
Age:	28	Date:	10-10-1996
Booster3			
Age:	0	Date:	00-00-0000

Family Health History

Name:	Mary	Diseases:	Heart Disease, High Blood Pressure
Relation:	Mother	Age:	68
Cause Of Death:		Other Disease:	

Name:	Joe	Diseases:	Diabetes, Heart Disease, High Cholesterol
Relation:	Father	Age:	70
Cause Of Death:		Other Disease:	

Hospitalization

Hospitalization Date:	04-10-2006
Reason:	Typhoid
Remarks:	3 days

Surgeries

Surgery Date:	08-10-2008	Doctor:	Harvey
Surgical Procedure:	Lypoma		
Comments:	Benign		

Lab or Imaging (Examples: X-ray, MRI, Mammogram etc.)

Test Name:	
Doctor:	
Test Date:	

Reason:

Medical Devices (Examples: pacemaker, insulin pumps, breathing devices etc.)

Device Type: Gluco meters
Date: 09-10-2007
Hospital: None
Doctor: Weingarten
Reason: Monitoring Diabetes

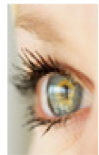
Physical/Occupational Therapy

Therapy Type: Sciatica
Frequency: 3 times
Date: 01-10-2009
Comments: Nerve stressed

Vision

Doctor: Dr Tony
Left Eye Vision: Myopia
Left Eye Power: -1.5
Left Eye Disease: Dry eyes
Right Eye Vision: Myopia
Right Eye Power: -0.75
Right Eye Disease: Dry eyes

Visited Date: 21-10-2009



How can I share this information?

You can:

- Print this record and keep it with you at all times.
- You can save it to your computer and/or flash drive.
- You can email it to yourself to ensure access from anywhere and anytime (provided you have access to the internet).
- Provide a copy/email it to your doctor.
- Also, consider sharing it with your emergency contacts so they are posted about your health history in case of emergencies.