



## Personal Health Record

A personal health record (PHR) is a health record maintained by the member/patient that includes medical history, medications, symptoms, and other health information. A PHR is kept online, allowing both the individual and healthcare providers to access it.

The U.S. Department of Health and Human Services (HHS) website has additional information about PHRs and the Health Insurance Portability and Accountability Act (HIPAA) privacy rule.

<https://www.hhs.gov/sites/default/files/ocr/privacy/hipaa/understanding/special/healthit/phrs.pdf>

Below are links to several free PHRs developed by different organizations, and there are many others available online. We recommend looking at them and talking to your healthcare provider to choose one that best fits your needs.

Microsoft HealthVault

<https://www.healthvault.com/en-us/>

WebMD PHR

<https://www.webmd.com/phr>

HealthSpek PHR

<https://www.healthspek.com/>