

AHDI Can Assist YOU!

The Association for Healthcare Documentation Integrity (AHDI) assists patients in accessing, reading and understanding their medical records, making sure they are accurate, and providing assistance creating a PHR.

As a patient, each time you visit a new healthcare provider you must fill out a new health history form. If you visit a healthcare provider you have not seen in more than a year, you will probably be asked to fill out an updated health history form.

There you sit, searching your memory for the names of your medications, dosages and frequency, not to mention trying to figure out how to spell them.

You must try to remember when you were hospitalized for a past illness or surgery, including the name, address and phone number of each physician who cared for you. To add to the confusion, there was a medication to which you had an allergic reaction and you cannot recall the name.

Are you a caretaker or custodian to elderly family members? Imagine having to keep track of all that information as well! This is an all-too-frequent scenario because, like it or not, our medical records are not easily accessible to all healthcare providers or institutions.

It is up to us, the patients, to be our own "storyteller" and possible advocate or caretaker for another.

Why You Need A PHR

Something as wonderful as going on a vacation can put you in the throes of the unexpected if you end up in an emergency room or urgent care facility in another state or another country. Once again, you or a family member could be put in a position to answer important questions during a very stressful time, and when time could be of the essence.

There is a way to put yourself in control of the situations mentioned here, and that is what AHDI's PHR campaign "***Have You Read Your Medical Record***" is all about.

It's about giving you the tools to be your own advocate or the advocate for a family member. It's about making sure your medical information is at the right place at the right time and giving you control over who has access to it. Keep in mind, once you have compiled your PHR and continue to keep it updated, your most critical information will be available at a moment's notice because YOU will have immediate access to it.

Want to know more?

Contact AHDI and ask how to set up an appointment for yourself or an informational for your group or service club.

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**Personal
Health
Record
What's in it for
YOU?**

The logo for the Association for Healthcare Documentation Integrity (AHDI). It features the lowercase letters "ahdi" in a dark blue, sans-serif font. Above the letters are several light green circles of varying sizes, arranged in a semi-circular pattern, resembling a stylized head or a cluster of data points.

**Association for
Healthcare
Documentation Integrity**

You have a Medical Record and it matters!

Every time you see a healthcare provider a record is made of your visit. The information in your record is used to make critical decisions about your healthcare.

Accurate medical records can make the difference between a correct diagnosis or a missed health problem, a successful surgery or a serious mistake. That's why the Association for Healthcare Documentation Integrity is urging you to give your medical record a check-up!

The information contained within your medical record belongs to you! Make sure it is complete, up to date, and accurate. Your medical record also serves as a legal document describing your care to your health insurance company. Knowing what is in your medical record increases awareness and understanding of your health status, enables you to have better conversations with your care providers, and lets you take a more involved role in your treatment decisions.

New federal laws protect the privacy of your medical information and allows you to view, request changes to, and obtain copies of medical documents collected and kept about YOU.

Your healthcare organization must comply with these requirements.

What's a PERSONAL HEALTH RECORD?

A personal health record (PHR) is a summary of the most important information about your health history. The information is collected by you from your healthcare provider(s), compiled, and updated as necessary for immediate access in case of a medical emergency or when switching to a new healthcare provider.

Contents of your Personal Health Record (PHR) should include:

- Contact and Identification Information
- Correct Listing of Allergies to Medications and Foods
- Correct Dosage and Administration of Medications
- Accuracy of Family History
- Accuracy of Past Medical and Surgical History
- Important Test Results
- Immunizations and Dates
- Discharge Instructions and Follow-up Plans
- Emergency Contact Numbers
- Living Will and Advance Directives
- Health Insurance Information

How to Get Started?

CONTACT the Health Information Management (Medical Records) Department at any physician's office, clinic, or hospital where you have been a patient

REQUEST a copy of your medical record. Complete a "Release of Information" form and submit it to your healthcare provider. There may be a fee for the copies.

EXPECT your copies to arrive in the mail in about 7 to 30 days (time varies based on facility)

ASK your doctor to explain the contents you would like to know more about

DEVELOP an understanding of the critical importance of your documented healthcare

CONTACT AHDI to help you create your Personal Health Record, or visit one of a number of websites offering free PHR templates. Here are just a few:

www.myphr.com

www.healthvault.com

www.myhealthfolders.com

www.google.com/health



Have you read YOUR medical record?