Dear Patient,

This Personal Health Record has been created to:

* Help you keep track of your health and medicines.
* Improve your ability to keep your healthcare providers up to date with changes in your health.
* Improve communication between your healthcare providers.

There are four sections to the Personal Health Record

1. Personal and health provider information
2. Keeping track of medications
3. Personal goals and information you want your healthcare providers to know
4. Medical history and questions for your healthcare providers

We suggest you complete the Personal Health Record with a family member, your healthcare providers or any of your other caregivers.

Once it is filled out, we encourage you to take this with you whenever you visit a healthcare provider or when you transfer from one health care setting to another. Ask them to help you keep it up to date.

This Personal Health Record has been designed to be easily updated. Please copy a new page when your health information has changed or when you run out of room. Be sure to mark down any changes to your medicines on the medication page.

We hope you find the Personal Health Record helpful. If you have comments or suggestions about how to improve this Personal Health Record, please email \_\_\_\_\_\_\_\_\_\_\_\_\_ or write to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*My Personal* Health Record has been developed by the

Lane County **Transitional Care Collaborative**

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