

# Personal Health Records

PHRs empower patients to meaningfully participate in their care teams!



# Access to complete health information matters

I need a **DIGITAL tool** that gathers my information from multiple places and puts it in **ONE place** – for the people I choose to share it with, and **ME**

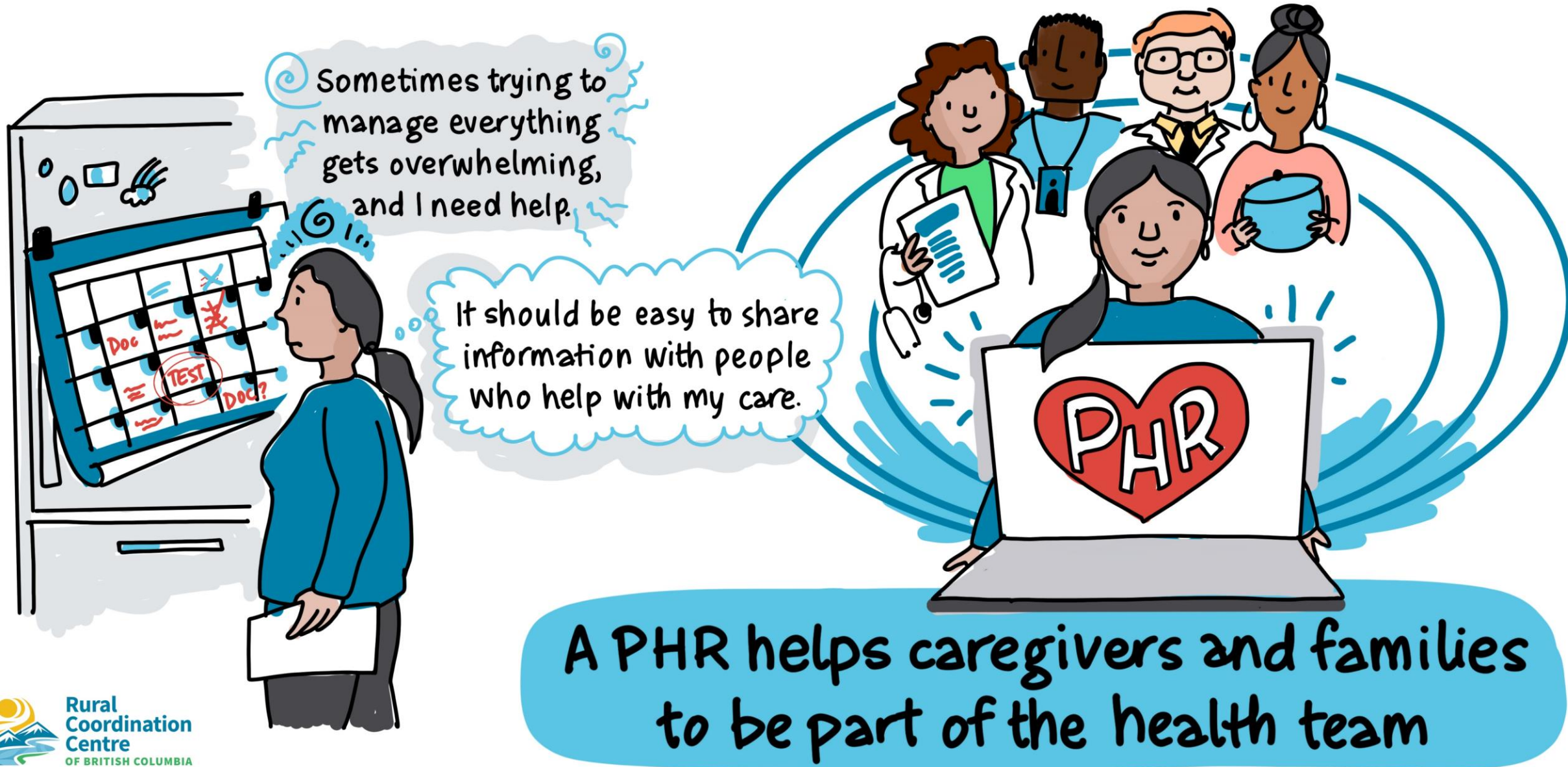


I need tools to help me interpret my results and health information



A personal health record empowers people to track and better understand their health.

# PHRs enable shared access with caregivers and loved ones



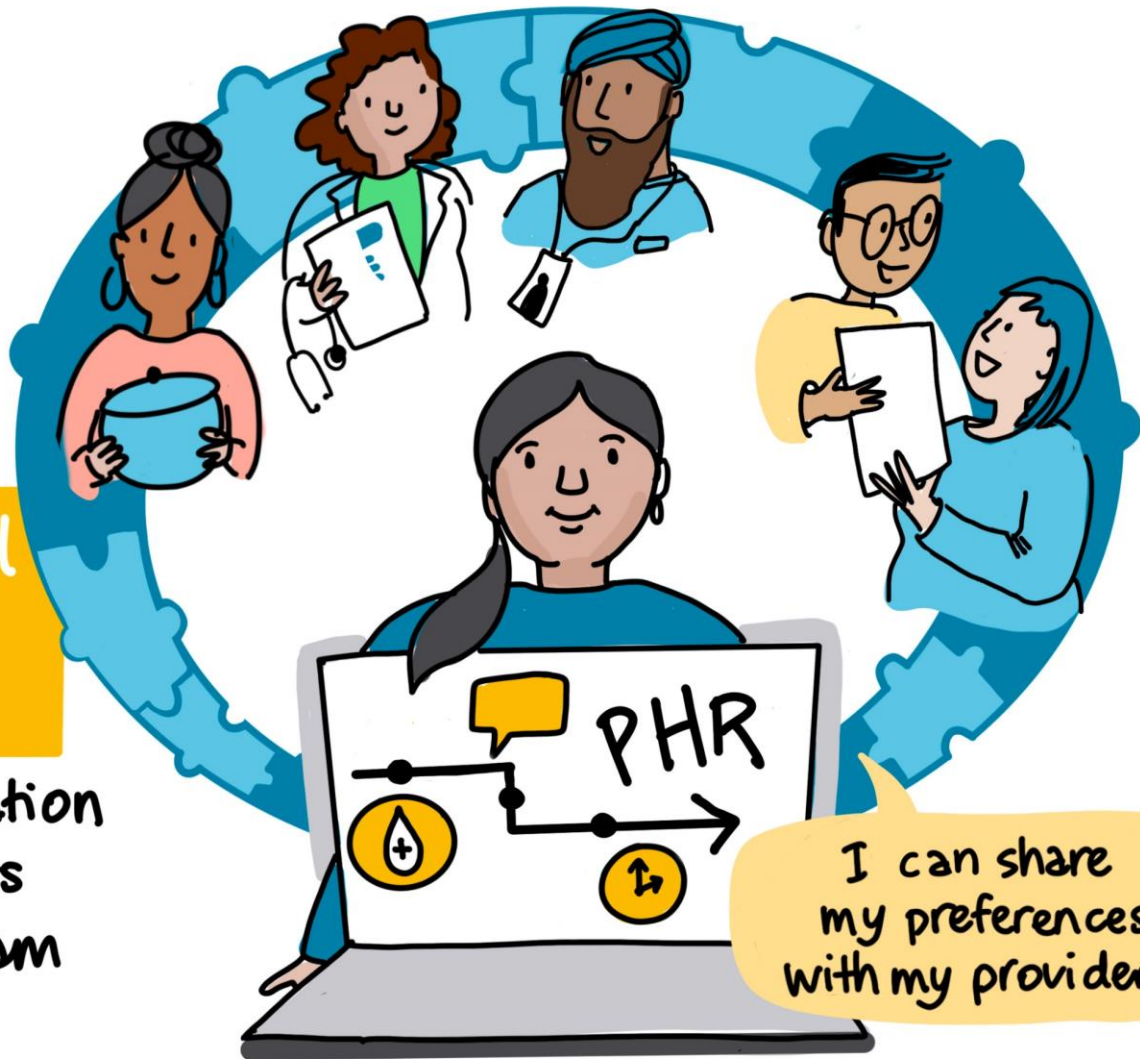
# Personal Health Records Improve Communication



I need a DIGITAL TOOL to safely navigate my care

A Personal Health Record

increases collaboration between patients and their health team



I can share my preferences with my providers

Patients need to be able to participate in their care planning - and know what to expect next

# PHRs improve manual tasks and workloads

It's easier for my providers to share handouts, requisitions, and forms that I need to complete

I can get needed information prior to a visit so face to face time is more productive

Online scheduling can save everyone so much time. No more phone tag!

My providers can share reminders about planned care events and wellness, so notifications are mostly automatic.

REMINDER ☆

# Personal Health Records Increase Safety



I can help to ensure that my record is accurate and complete.

I need to have confidence that there are not any gaps in my care



I am better equipped to follow care instructions, like medications and care plans, and achieve my goals

# Personal Health Records

Imagine a tool that  
puts your health in  
your hands!

Find out more about our PHR project:

[rPHR@rccbc.ca](mailto:rPHR@rccbc.ca)

[rccbc.ca/initiatives/rphr](http://rccbc.ca/initiatives/rphr)

