

A personal health record lets you track health provider contact information, allergies and medications, personal medical history, family medical history and anything you do to stay healthy.

Use these steps to build a personal health record in an app or on paper.

1. **Gather** information for each member of your household related to immunizations, chronic illnesses, recent laboratory tests, current height/weight/BMI and history of hospitalizations or surgeries. You may need to request this information from your health provider(s).
2. **Organize** the health records for each household member including birthdate, contact information, emergency contacts, health care provider contact information and family history of diseases. For adults, identify existence of living wills, power-of-attorney, etc.
3. **Update** information regularly.

Complete a record for each person in your household, for all types of health care (e.g., medical, dental, vision, etc.).

PERSONAL HEALTH RECORD INFORMATION	HAVE	NEED
Legal name, contact information and birthdate		
Emergency contact information		
Blood type		
Height, weight and body mass index (BMI)		
Recent lab results		
Chronic health conditions (include age at onset)		
Prescription medications (include dosage and frequency)		
Over-the-counter medications (include dosage and frequency)		
Past illnesses (include dates)		
Immunizations (include dates)		
Surgeries (include dates)		
Primary doctor contact information		
Specialist contact information		
Family history summary (physical or mental health conditions)		
Copies of living will, power-of-attorney or organ donor card		

What other information would be important for you to tell a health provider? For example, what are your exercise, eating and drinking habits? Do you smoke or use controlled substances? List additional information here:

