

ONE PLACE TO TRACK HEALTH INFORMATION



Convenient Internet access gives you current, comprehensive information when and where you need it, whether the care is scheduled or an emergency. Plus, the PHR works with other WebMD features to direct you to tools and information you may find helpful.

MEMBER-FRIENDLY FEATURES

Our Personal Health Record makes it easy for you to:

- Track medications, immunizations, medical exams, treatment history and other health information for yourself or other family members
- Prepare for health care appointments and print portions of your record to share with providers
- Use health trackers to record and view progress of important health measures, such as glucose, blood pressure, cholesterol and weight
- View a list of recommended health care screenings and immunizations based on gender and age
- Create a calendar of scheduled appointments
- Use the interactive "Symptom Checker" to help determine if immediate medical care is needed
- Access information from WebMD, even if you change your coverage

MANAGE YOUR OWN AND YOUR FAMILY'S HEALTH INFORMATION WITH OUR PERSONAL HEALTH RECORD POWERED BY WEBMD®

Quickly access the medical information you need at anytime from anywhere. Our online Personal Health Record (PHR) allows you to store, manage and find your own and your family's health information in one convenient, centralized and private location.

TAKE AN ACTIVE ROLE IN YOUR HEALTH

Our PHR helps you make informed health care decisions and to communicate effectively with others about your health care. While you're encouraged to choose which information to enter, some information is automatically system-generated, including biometric screening results.

You can allow family members, health care providers or Health Coaches selected access to your PHR. This helps to:

- Coordinate the care received from multiple health providers or in an emergency
- Avoid errors and duplicate services

THE PHR IS PRIVATE AND SECURE

The Personal Health Record is powered by WebMD, an industry leader in the privacy and security of electronic health information and communications.

REASONS TO USE THE PHR:

- Securely protects health information in the event of a disaster, such as a fire, hurricane or tornado
- Facilitates care in emergency situations or when away from home
- Recommends proactive steps to help you improve your health
- May reduce duplicate procedures or processes, such as repeated lab tests and X-rays, saving time and money
- Helps coordinate care received from multiple health providers
- Helps you prepare for appointments and track health changes
- Assists with the daily management of chronic conditions and disabilities with convenient tracking tools
- Can help reduce preventable errors, such as medication errors

GET STARTED TODAY!

To check out the many features of the Personal Health Record, log on to the member website, select the "Your Health" tab, then click the Personal Health Record link.

Highmark Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

Blue Shield and the Shield symbol are registered service marks of the Blue Cross and Blue Shield Association.

Highmark is a registered mark of Highmark Inc.

WebMD is a registered trademark of WebMD Corporation, an independent company that supports Highmark Blue Shield's online wellness services.