

Nearly 95% of diagnosis is based on your medical history!

– Association for American Physicians and Surgeons

Take Charge of your Health!

Personal health records (PHRs) are confidential, easy-to-use tools that can help you manage your personal health information such as medical records and family history. PHRs are an easy way to keep all health information—like physician and hospital visits, allergies, or a list of medicines—all in one place. Having a PHR can help you save time and money and improve the quality of care that you get. With all of your and your family’s health information in one place, you may be able to avoid unnecessary procedures or tests and provide critical information about their health in a medical emergency.

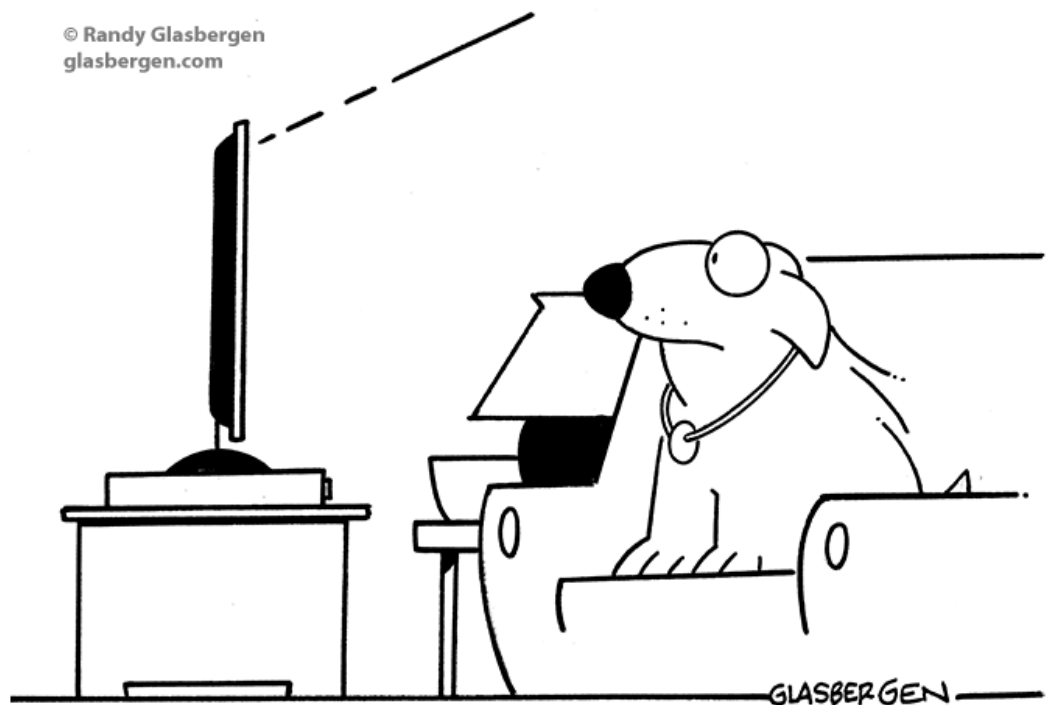
Are you ready to complete your Personal Health Record?

Assembling your own personal health history is easy. I have provided the form on the WU Employee Wellness Website. At any time you can go to the website and print the record off. (Follow the breadcrumbs www.washburn.edu – Campus Life – Recreation & Wellness – Employee Wellness – Wellness Wednesdays)

Direct link to Personal Health Record form: <http://www.washburn.edu/campus-life/recreation-wellness/employee-wellness/documents/EW-personal-health-record.pdf>

© Randy Glasbergen
glasbergen.com

Cartoon used with special
permission from
glasbergen.com



“Ask your doctor if the embarrassing head cone is right for you.”