

Will your health information  
get swept away when  
disaster strikes?



### Emergency & Disaster Preparedness

If you are displaced by a natural disaster or unconscious and rushed to the emergency room after an accident, you will likely have your wallet and identification with you. Hospitals usually only need a few key facts to give you the fastest and best care in any emergency - your medications, allergies (especially to drugs), and emergency contact information. With a BigBendHealth.com My Records PHR you can carry a wallet card including user ID and password to allow emergency personnel access to this critical information quickly - **a PHR can save your life!**

**BigBend**  **Health.com**  
My Records

Your Community  
**Health Care**  
Network

**BigBend**  **Health.com**

Your Community Health Care Network

3411 Capital Medical Blvd.  
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# My Records

“When we travel our medical records follow us wherever we go”

## What is a PHR?

A personal health record (PHR) is a confidential and easy-to-use tool for collecting, tracking, and sharing important, up-to-date information about your health or the health of someone in your care. Using a PHR will help you make better health decisions and improve the quality of your care by organizing the information needed to communicate effectively with others about your health care. Many PHRs provide links to materials or other websites that have information about your particular medical conditions or medications so you can understand more about how to care for yourself. PHRs also allow you to communicate electronically with your physicians. The BigBendHealth.com My Records portal is a PHR service that is locally operated and offered to you by your community health care providers.

## Privacy & Security

Security is often a concern with personal information on the Internet. BigBendHealth.com is a strong advocate for privacy and security adhering to all privacy rules under state and federal regulation including the Health Insurance Portability and Accountability Act (HIPAA).

## Why do I need a PHR?

Most people have their health information in lots of different places - at home, in their doctor's offices, and anywhere they've been hospitalized. A PHR can help keep all this health information stored in one place under a password protected record where it is always available 24/7. In addition to the information you might have from your doctors, there can be information about your health status such as your family's health history, allergies to medications and foods, or a Living Will. With a central record, it becomes easy to find and share information about your recent health services and conditions with your doctors, specialists or family members. If your doctor knows about your previous procedures and test results, he or she can avoid duplicate or unnecessary tests saving you both time and money.

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My Records



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For more go to [www.bigbendhealth.com](http://www.bigbendhealth.com)  
and click My Records.