
**Personal
Health
Records**



**Complementing
Your Healthcare**



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What is a PHR?

PHRs are records that you or a trusted family member or friend create to provide pertinent, updated, and streamlined information.

Why have your own PHR?

- Searching for a new healthcare provider
- You get sick away from home
- Consistent & accurate information
- Efficiency for you and your healthcare provider(s)
- Reduction in delay of care
- Reduced stress for you and family to recall your information

How to get started

- Ask your physicians for information
- Copies from Medical Records department(s)
- Consult with family
- Find a system that works for you:
 - Prince of Peace website offers downloads for both electronic and write-in formats.
www.princeofpeacedublin.org

Other online resources - www.ahima.org
www.myphr.com

Parish Health Ministry

Mission: To encourage health awareness and provide opportunities to share the healing ministry of Christ with others.

Prince of Peace Lutheran Church
Dublin, Ohio

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