



Central Office: PO Box 681 Tyngsboro, MA 01879

Ph: 978-649-7517 Fax: 978-649-2730

www.mahima.org

Dear Community Group and Association Leader,

Massachusetts Health Information Association is providing this free public education program. ***Please consider having one of our trained speakers present this 30 minute newly revised, national myPHR campaign program on your calendar!***

The goal of the program is to provide you with the information you need to better manage your personal health information and to teach you how to maintain a personal health record (PHR). This knowledge can empower you to become a partner in your own healthcare.

Why is our PHR consumer campaign such an important effort? Here are some facts about personal patient health information that may surprise you:

- **42%** of US adults surveyed said they keep some form of a personal health record
- **60%** of adults said they would support the creation of an online personal health record
- **A vast majority of the time**, when you become ill and go to the emergency room, doctors *do not* have access to all of your critical medical information

A PHR is a collection of important information about your health that you actively maintain and update. The information comes from your healthcare providers and from you. It can include anything that affects health, including information that doctors may not have, such as your exercise regimen, dietary habits, and over-the-counter medications. A PHR can also be maintained by a family member if the patient is a child or elderly parent.

The PHR enables you, the patient, to partner with your healthcare providers. It can reduce or eliminate duplicate procedures or processes, which saves healthcare dollars, your time and your providers' time. The PHR also gives you knowledge that assists in preparation for appointments. Overall, it gives you more intimate knowledge of your health information and helps you play an active role in your own preventive care and care management.

For more information or to schedule someone to speak to your community group or organization, please contact Marianne Garfi, RHIA, CCS-P at the Central Office address; PO Box 681, Tyngsboro, MA 01879, Ph: 978-649-7517 Fax: 978-649-2730 or at info@mahima.org.

This program is provided as a **free public service** by Massachusetts Health Information Association—an affiliate of the American Health Information Management Association (AHIMA)—and the Foundation of Research and Education of AHIMA (FORE), www.ahima.org/fore.

About the American Health Information Management Association

Founded in 1928 to improve the quality of medical records, AHIMA is a not-for-profit association committed to advancing health information management (HIM) through advocacy of patient's rights, education, certification, and lifelong learning. AHIMA's 51,000 members are dedicated to the effective management of personal health information needed to deliver quality healthcare to the public.

Thank you!
Marianne Garfi, RHIA, CCS-P
Massachusetts MyPHR Community Education Coordinator

Your Personal Health Information
Why it's important...and how to access, manage, and protect it

A free community-based public education seminar

Play a more active role in your health care, Visit myPHR.com.