

# MY PERSONAL HEALTH RECORD (PHR) CAMPAIGN

To help consumers better manage complex health information spread across many providers, the American Health Information Management Association (AHIMA) is rolling out a new campaign on personal health records.

AHIMA provides free community-based public education seminars and a public education web site, [www.myphr.com](http://www.myphr.com) as part of its mission to provide effective management of personal health information needed to deliver quality healthcare to the public.

The community-based presentation is a free one-hour program delivered by HIM professionals to local groups and organizations. The program provides valuable information to help consumers better manage their personal health information. Topics include how to access medical records, privacy rights, and starting a personal health record (PHR).

As part of this public education campaign, AHIMA has also created a free public website, [www.myphr.com](http://www.myphr.com), where consumers can find a wide range of helpful information and resources including:

- Information regarding your health information rights
  - Privacy rights and common privacy myths
  - How to access your records
  - Information for caregivers
- Step-by-step guide for creating a PHR
  - A searchable database of PHR products and services

- Free downloadable health record forms to get you started
- A guided tour to help you learn more about how your health information is collected, where it goes, and how it's used.
- An on-line form to request a local health information management professional to come out and deliver a free public education seminar to your group or organization.

To help TxHIMA members share this information with community groups, we have developed several resources for you. All of these are available on the TxHIMA website [www.txhima.org](http://www.txhima.org).

The PowerPoint™ presentations developed by AHIMA have been revised to incorporate specific information from Texas law/regulation. There are two versions of the presentation available for use:

- One version includes a video clip that gives consumers an overview of how their records are kept in the U.S. healthcare system. You will need a computer with a sound card to use this video clip.
- The other version omits the video clip for presenters who do not have the technical support to use the video clip.

Other resources include:

- Speaker Tips
- Audience Survey Evaluation Form
- Survey Instructions
- Sample Authorization Form (this is a generic form provided by

AHIMA; you may want to use your organization's authorization form, instead)

- Adult Health Record Form
- Child Health Record Form

## CONTACTS

The following individuals have volunteered to assist with training programs. Please contact any of them if you would like to have a training program in your area:

Sue Biederman  
San Marcos  
[sb02@txstate.edu](mailto:sb02@txstate.edu)

Mary Brandt  
Houston  
[mbrandt@brandt-associates.com](mailto:mbrandt@brandt-associates.com)

Hugo Garcia  
McAllen  
[hugo.garcia@hcahealthcare.com](mailto:hugo.garcia@hcahealthcare.com)

Sofia Kusbel  
[Sofia.Kusbel@med.va.gov](mailto:Sofia.Kusbel@med.va.gov)

Norma Mercado  
Austin  
[nmercado@austincc.edu](mailto:nmercado@austincc.edu)

Julia Kinsey Welch  
Lago Vista  
[jwelkin@io.com](mailto:jwelkin@io.com)

Barbara Odom-Wesley  
Arlington  
[medprobw@flash.net](mailto:medprobw@flash.net)