

JUNE 2022

*Live. Life. Well.*

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## Managing Your Personal Health Record

Your personal health record (PHR<sup>1</sup>), which is separate from the electronic health record (EHR) that your healthcare providers maintain, is a collection of information about your health. Essentially, your PHR serves as a back-up for your EHR.

PHRs can be stored in different formats, from a simple 3-ring binder to a complex online platform. As technology has improved, digital records have made it easier to stay organized and even easier to sort and evaluate your data.

Maintaining a PHR can save you time, reduce redundancies within your healthcare team, and improve the overall quality of your care. The biggest benefit is that your PHR helps you become a more active participant in your healthcare.

Here are a few things to consider including in your PHR:

**List of Providers.** List the names, phone numbers, addresses, and any other important information about your healthcare team.

**Emergency Contact Information.** Include your emergency contact information, along with information about who is legally authorized to make medical decisions on your behalf.

**List of Medications.** Maintain a list of your current medications, vitamins, supplements and be sure to include dosages and frequency.

**Allergies.** Include information about food, medication, environmental sensitivities and allergies. Include any test results if you have them.

**Health Insurance Information.** Keep your health insurance information updated regularly, so that you will have quick access to policy numbers and contact information.

**Advanced Directives.** Include copies of important documents, such as a Living Will, power of attorney (POA), or durable power of attorney (DPOA).

**List of Diagnoses.** Make a list of all medical conditions and diagnoses, along with the date they were first identified.

**Lab Values.** Organize your lab values by date, so you can identify changes and trends over time.

**Tests & Procedures.** Include any tests or procedures you have had as well as the findings of each.

**Immunization Records.** List your past immunizations and vaccinations, like COVID, tetanus, flu, and pneumonia. Make a note in your calendar when they need to be updated.

**Blood Pressure, Glucose, Cholesterol & Weight.** Keep a record of key body measurements, like weight, glucose, cholesterol and blood pressure, so you can note any changes over time.

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*Managing your personal health record is just one of the ways you can become a more active participant in your healthcare.*

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1. <https://www.healthit.gov/sites/default/files/factsheets/about-phrs-for-providers.pdf>



## Tips for Choosing a Health Care Provider

Assembling a trusted healthcare team is essential, and selecting a primary care physician is one of the most important decisions you can make.

There are many reasons that you may need to choose a healthcare provider<sup>2</sup>. These are just a few:

- Your doctor moves or retires
- You relocate
- You have a new diagnosis that requires a different level of care or specialty

When choosing a healthcare provider, here are a few tips to consider:

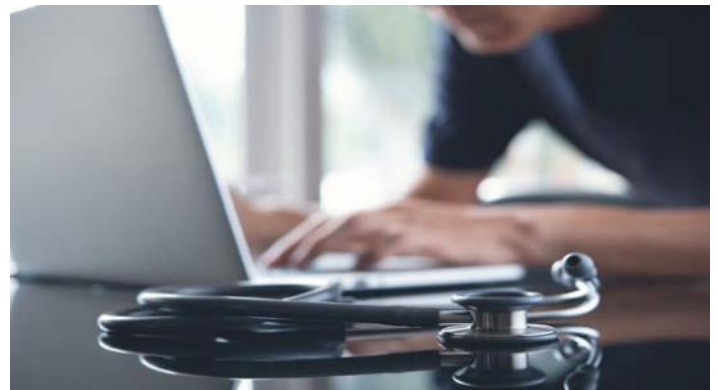
**Contact your insurance plan.** Contact your insurance plan first to find out which providers are covered under your plan, and which are considered in or out of network.

**Read reviews.** Read provider reviews on Healthgrades<sup>3</sup> or call<sup>4</sup> your local or state medical board to check the standing of the providers you are considering.

**Ask local friends & family.** Find out which providers your friends, co-workers and family see. Ask about their experiences to see if you would also like to patron their office.

**Consider affiliations.** Check to see if the doctors you are considering are affiliated with your preferred hospital system.<sup>5</sup>

**Consider location.** Consider how far the commute is to the provider's office. For convenience, the District offers a telehealth option. Benefit eligible employees insured on the Aetna plan through The School Board of Broward County, can visit [Teladoc.com/Aetna](https://www.teladoc.com/Aetna) or call 855-835-2362.



**Ask questions.** Once you have narrowed down your list, call each of the physician's offices directly and ask a few more questions like these:

- Is the doctor currently accepting new patients?
- How far out are appointments being scheduled?
- What is the process for refilling prescriptions?
- Which hospital affiliations does the doctor have?
- What are the telehealth options?

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*When it comes time to choosing a healthcare provider, carefully weigh your options and remember to explore the resources offered through your employer's health plan.*

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2. <https://www.nia.nih.gov/health/how-choose-doctor-you-can-talk>

3. <https://www.healthgrades.com/>

4. <https://www.nia.nih.gov/health/how-choose-doctor-you-can-talk>

5. <https://www.healthgrades.com/right-care/patient-advocate/>



## Must-Haves for Home Safety

Home safety is an important yet often overlooked form of preventive care. Being prepared helps you respond more quickly and easily when an unexpected emergency arises.

Here are a few basic must-haves to get you started:

### Fire Extinguishers

Place a fire extinguisher in each area of your home where there is a heat source, and consider taking a fire safety class in your community.

### Smoke Alarms

Make sure your smoke alarms are in good working order and replace batteries regularly. If your home has more than one story, it is also a good idea to have fire ladders accessible, especially in bedroom areas.

### Fireproof Safe

Protect important documents, such as passports, wills, jewelry, birth records, and cherished heirlooms in a fireproof safe.

### Emergency Menu

Keeping a shelf-stable food supply is essential in case of a power outage, storm, or other emergency.<sup>6</sup> It helps to choose foods that you consume regularly, so you can rotate through them throughout the year. Remember to check supplies periodically for any expired items.



### Portable Battery Starter

Having a backup power supply will ensure that you can still place emergency calls during an extended power outage. As a bonus, many models can also be used to restart your car battery.

### First Aid Kit

Check your first aid kit regularly to make sure it is fully stocked, and replace any expired or damaged items.

### A Plan

Sit down with your family to make sure everyone knows what to do and where to go in various emergency situations, such as fires or tornadoes.

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*Being prepared for emergencies will help ensure that you have what you need to keep your family safe and healthy.*

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6. <https://www.ready.gov/food#supplies>



## Personal Health Records and Patient Portals

Personal health records and patient portals are powerful tools for managing your health. If you're like most people, you have a number of health concerns and may visit multiple doctors and pharmacies. Keeping track of it all can be a challenge. With a personal health record, you can gather — and manage — all that information in one easy-to-access spot.

### PHRs, EHRs and Patient Portals

PHRs are not the same as electronic health records (EHRs), also called electronic medical records (EMRs), which are owned and maintained by doctors' offices, hospitals or health insurance plans.

A PHR that is tied to an EHR is called a patient portal. In some, but not all cases, you can add information such as home blood pressure readings to your record via a patient portal. If that's the case, you may not want to create a separate, standalone PHR.

You could use an app such as the Health app for iPhones, which includes Medical ID. This makes critical information available via the lock screen for use by first responders in an emergency. Medical ID can display health conditions, allergies, medications, blood type and emergency contacts. You can also use it to indicate if you are registered to be an organ donor.

It is important to make sure any apps that you use are secure so that your information is kept private. Make sure any app you utilize requires you to enter a password and that your phone has a firewall or encryption software. Research all apps before you download them to your phone and before you enter your personal information.

### What are the benefits of a PHR?

- **Track and assess your health.** Record and track your progress toward your health goals, such as lowering your cholesterol level.
- **Make the most of doctor visits.** Be ready with questions for your doctor and information you want to share, such as blood pressure readings since your last visit.
- **Manage your health between visits.** Upload and analyze data from home-monitoring devices such as a blood pressure cuff. Remind yourself of your doctor's instructions from your last appointment.
- **Get organized.** Track appointments, vaccinations, medications and preventive or screening services, such as mammograms. In fact, studies have shown when parents use personal health records for their children, the children are more likely to get their preventive well-child checkups on time.

### Are there drawbacks to PHRs?

Building a complete health record takes some time. You have to collect and enter all of your health information. Only a minority of doctors, hospitals, pharmacies and insurance companies can send information electronically to a PHR that is not part of a patient portal.

In most cases, you will have to update your PHR manually each time you see the doctor, fill a prescription, have a test, or go to the hospital.

Even if you use a patient portal, you still need to review the information that is added to it. The process of transferring health data electronically is not always perfect and errors can occur.

JUNE IS

# MEN'S HEALTH MONTH



Did you know that there was a month entirely dedicated to raising awareness for issues impacting the health and wellness of men and boys? Below is an action list of activities that you can encourage the males in your life to participate in:

**1. Early Screenings** - These proactive medical tests will not only save money in the long run, but can also save your life and/or make life easier to manage if diseases are caught early on.



**2. Exercise** - It's summer and a time to turn off the television. Football season is over and men can finally get out there and move about. Both men and women should seek to get 30 minutes of exercise, just to help their hearts.

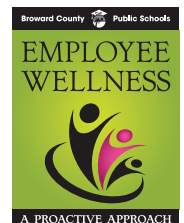


**3. Father's Day** - Why not give the father figure in your life the gift of knowledge? There are many resources available at [menshealthnetwork.net](http://menshealthnetwork.net) that will help educate the males in your family about the risks of prostate cancer and other diseases that are preventable.



**4. Anyone can participate** - The Men's Health Movement is not limited by gender. Anyone can be supportive and help men make that first step towards a better life. Everyone should be an ally in the quest to improve the health and wellness of our guys. Spread the word to make sure that every loved male in your life is living well.

**Source:** Men's Health Network [menshealthnetwork.net](http://menshealthnetwork.net)



The School Board of Broward County, Florida Laurie Rich Levinson, Chair • Patricia Good, Vice Chair • Lori Alhadeff • Daniel Foganholi • Debra Hixon • Donna P. Korn • Sarah Leonardi • Ann Murray • Nora Rupert • Dr. Vickie L. Cartwright, Superintendent of Schools

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# Strawberry Avocado & Feta Salad



## RECIPE

Prep Time

15 Minutes

Cook Time

NA

Servings

4

### INGREDIENTS

- 4-6 cups arugula/spinach/mixed salad greens, washed
- 1 cup strawberries, chopped
- 1 avocado, diced into cubes
- 1/3 cup feta cheese, crumbled
- 3 tablespoon sunflower seeds, unsalted
- 6 tablespoon olive oil
- 2 tablespoon balsamic vinegar
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon honey
- Optional: Drizzle aged balsamic along top of salad

### INSTRUCTIONS

1. Clean salad greens and place into large bowl.
2. Secondly, add strawberries, avocado, cheese.
3. Top salad greens with seeds.
4. Drizzle greens and toppings with Dijon balsamic dressing.
5. Finally, toss to combine.



### Nutrition Facts

Calories	359
Fat	34.9g
Cholesterol	11mg
Sodium	181mg
Carbohydrate	11.9g
Fiber	5.3g
Sugars	4.3g
Protein	4.5g

#### Source:

[Strawberry Avocado & Feta Salad - {Dietetic Directions, Dietitian}](#)



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