



Take Control of Your Health: Managing Your Health Information

What do you need to know to manage your health information?

- Who your doctors are and how to contact them.
- If you have special health care needs or diagnoses.
- Names of the medications you take, how much and how often.
- If you have any allergies.
- Information about any surgeries or major medical events.
- Your immunization history.
- Your blood type.
- Your family's medical history with conditions like heart disease, cancer or diabetes.

For more information
about how to manage your
health information or to
help someone you know
become more independent
managing their healthcare
contact us
(603) 271-4525 NHFV.org

New Hampshire
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What if I don't know these things?

- Ask your doctor for a copy of your medical records or access to the online patient portal.
- Ask your parents to help with information you may be missing.
- Get copies of any after visit summaries or care plans.



How do you keep track of it all?

Here are some suggestions:

- Do you want a care notebook with just the key information on paper? Use a work book such as **Ready, Get Set, Go!** (available at NHFV.org).
- If all of your providers are within one health system, you may be able to use a patient portal. Ask your primary care provider about this.
- Need to keep track of refills? Appointments? Symptoms? There are Apps for that!
- Just remember your health info is private, so protect it!

Try several ways and find out what works best for you!



A word about safety!

If there's a chance that you may need emergency attention at times due to a chronic condition, sharing some of your health information might be a good idea.

Providing basic information about your condition is particularly useful if you might need medication administered or first aid provided in an emergency situation. It is best if people know what to do, and what NOT to do.

There are many ways to do this, here are some options:

- ID Bracelet
- Wallet card
- Telling the person you are with.



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