



# By your side

## Stay informed with Aetna Personal Health Record

### Looking out for you

Your Aetna® Personal Health Record (PHR) is so much more than an online home for your health information. This is because it actually helps you keep on top of your health, constantly checking for ways to improve your care and keeping you informed with health alerts. Now whenever a new alert is added to your PHR, you'll be notified on your Aetna member website.

### How it works

Your PHR lives on your Aetna member website and is powered by our patented CareEngine® technology. It scans the information in your personal health record and compares it to thousands of the latest medical guidelines.

If PHR spots potential medical problems, drug interactions or gaps in care (like missed tests or procedures), it'll send you and your doctor an alert.

# A complete picture of your health



When your doctor, pharmacy or lab sends in a claim, it goes right into your PHR. You can also add your own information, like your:

- ✓ Family health history
- ✓ Doctors
- ✓ Medications
- ✓ Immunizations
- ✓ Allergies
- ✓ Supplements



## Keep up with your checkups

PHR can help remind you when to get preventive screenings like a mammogram or colonoscopy.



## Track your health numbers

The "Vitals and Trackers" page shows your latest health readings, such as blood pressure, blood sugar, cholesterol and others. You can also view this information on easy-to-use graphs and charts.



## Manage your family's health information

All covered family members have their own PHRs. You can use them to keep track of immunization records for enrollment in school, sports or summer camp. Plus, you can share PHRs of family members under age 18 with your covered spouse or other adult dependents.



## Update your doctor

The "Health Summary" page shows your health information at a glance. Print it out and take it with you to your doctor visit.

To get started, go to [Aetna.com](https://www.aetna.com) and sign in to your member website.

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