

REQUEST YOUR RECORDS: 1) After Visit Summary, 2) History & Physical, 3) All Consults, 4) Discharge Summary, 5) Labs & Imaging

“Nothing about Me without Me”

Ask your provider_{F1} if they have Internet access for today's visit notes, (from their Electronic Health Record (EHR), an intranet with patient access to your records), if not, then ask how you can get your records aka your personal health information (PHI)?

1. All Providers must give you at the very least a paper copy of your outpatient AVS, an email from them on their website is the best option since it is electronic and more organized for safe secure access for a patient-centered provider office. A paper copy requires more steps for the health consumer to organize your PHI and then readjust the new information into your Global Health Care Plan. The content of the PHI dictates the urgency to incorporate the

new information into your GHCP. If the result of the AVS is a simple change in dosing of a single medicine for example, the most important action you may need to take is a note in your journal as to the rationale to the change in dosing and to correct your “Medication list” document in your GHCP, (you may not bother to scan the AVS and place it in a folder named “Office Visits”). If you decide you do not have an urgent need to readjust your new care plan you may simply collect your PHI into a folder but always journal any new information. Then, scan your PHI folder when you have 10-15 minutes and file your important PHI to the appropriate electronic folder.

2. The best and easiest option is by electronic transfer to one of three electronic mediums: to your Email, from your providers EHR, or to your Personal Computer or a Flash Drive after

scanning the paper copies. Once you download your **G**lobal **H**Health **C**are **P**lan onto your computer/, you simply place the new document into its proper folder. For classes in family-centered health management, see our class schedule online, call or visit our office.

3. Need help? Come to a Class at the office.
4. Once you collect and permanently store significant and vital information as above, the essence of your optimal health management is determining what changes do the new physicians orders or recommendations now impose upon you? What life style changes does this require and what effect upon your family? Are these recommendations my only option? What about a second opinion? What do I do next? Who else, close to me, do I talk to? How do I do this? What are my next steps? The GHCP can help you with most of this. Ask your doctor or health insurance plan for a Case

Manager to help you with the “TriUnity” of patient safety, care coordination and positive outcomes.

F1: A Provider is any medical professional or company (ex. a laboratory) from whom you receive paid licensed services