aetna℠

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

Personal Health Record

A tool with the smarts to help you get and stay healthy

It looks out for your health

Your personal health record is much more than an online home for your health information. It's like having a personal health assistant. Behind this tool is the powerful CareEngine® technology. It scans the information in your personal health record and compares it to thousands of the latest medical guidelines.

When it spots potential medical problems, possible drug interactions or gaps in care (like missed tests or procedures), it sends you an alert. These messages also suggest what you can do about these gaps. By following these suggestions, you may be able to avoid more serious medical issues. This can save you money.

It does the work for you

When a doctor or pharmacy sends in a claim, it goes right into your personal health record.

You can add your own important information such as:

• Family health history
• Immunizations
• Doctors
• Allergies
• Blood pressure, weight, blood sugar and cholesterol numbers
• Tests, procedures and more

Other ways this tool can help you

- **Share it with your doctor.** The "home page" of your personal health record is the Health Summary. It's your health information at a glance. You decide what goes into your summary and what you share with doctors. Print it out and take it with you, or share it securely online before your visit.

- **Know when you are due for important checkups.** It can help remind you when to get preventive screenings like a mammogram or colonoscopy.

- **Track important health numbers.** See how your blood pressure, blood sugar, weight and other health markers change over time in clear, easy-to-understand graphs and charts.

- **Manage your family's health information.** The personal health record is available to employees who enroll in an Aetna health benefits or health insurance plan. Your covered family members have their own personal health records. As the plan subscriber, you can access and add information to their personal health records — as long as they are under age 18. You can give your covered spouse this access, too.

Features that really matter

- **It's secure.** You need your user name and password to access your personal health record. So family members, caregivers or your doctors can't see the information in your personal health record unless you decide to share it with them.

- **It never stops working.** The CareEngine keeps scanning the information in your personal health record to find ways to improve your care.

- **It's portable.** If you change coverage, change jobs or your employer stops offering the personal health record, it's easy to transfer your information to Microsoft® HealthVault®. You can also save a copy of your information to a computer as a PDF or text file.

It's easy to get started

Simply go to **www.aetna.com** and create a user name and password on your Aetna Navigator® member website. Then go to the Health Records tab and click on Personal Health Record.

Check your personal health record often for important health messages.

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