



Portable Health Profile

Do you have a system to organize all you and your loved one's health information in one place that you can take with you to medical appointments? This system is called a Portable Health Profile. With a Portable Health Profile you will have complete and accurate information at each health care visit which helps to provide the most accurate care and reduce the possibility of medical errors. The information you may need for routine or emergency situations will be readily available and organized. Changes can be added as they occur.

Information you may include in your Portable Health profile include: health history, medications, emergency contacts, and the names of your health care providers. A Portable Health Profile can be created in different ways including in print or electronic versions.

Paper documentation:

- A printed version is available for you if you choose from the MMC Inpatient Rehab Website. A copy has also been placed in your rehab binder.
- Information can be kept in a notebook or folder
- Large Index cards can be used

Electronic documentation on computer:

- Information can be saved and stored on computer and can be printed to bring to health visits
- Information can be loaded on a flash drive with a free downloaded template

Information can be entered into an online service that could have a fee for services.

Examples of online services include:

- www.nomoreclipboard.com
- www.myphr.com
- www.hfcdhp.org/products
- www.myhelath.va.gov
- www.medicalhomeinfo.org/for_families/care_notebook