

Welcome to your Personal Health Record



WHATS IS A PERSONAL HEALTH RECORD:

A **Personal Health Record APP** is an online system that stores all **your medical information**.



YOU CAN USE THE PHR TO:

- view doctor consultations, hospitalisation history, pathology and wellness day results.
- see how healthy you are, set activity goals and capture biometrics
- share important medical information with your doctor to ensure that you receive the best possible care, especially in an emergency.

HOW TO BENEFIT

YOUR HEALTH

Contains important medical information

- Snapshot of your medical status, e.g. records of medical visits to doctors, etc.
- Includes information about claimed medication, registered chronic conditions, pathology results, etc.

YOUR WELLNESS

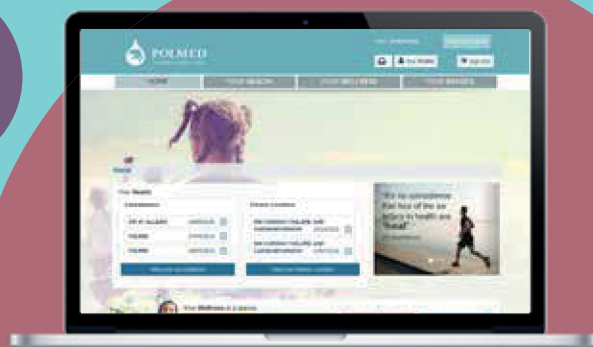
Maps your journey to great health

- Lifestyle tool to assess your health
- Healthy living advice
- Set goals and monitor your health status
- Link to an electronic fitness device to track your activity and kilojoule intake, e.g. Garmin

YOUR BADGES

Earn badges by doing the following:

- Complete your Lifestyle Questionnaire.
- Follow a healthy lifestyle.
- Link your wearable device(s).
- Complete health assessment with a nurse.



HOW TO REGISTER

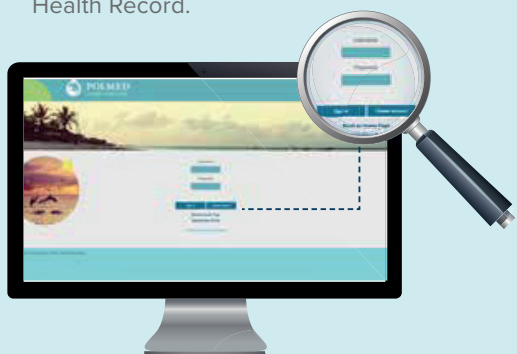


VIA YOUR COMPUTER

Step 1: Register or log in to the **POLMED Member Zone**

Step 2: Click on the **Personal Health Record** tab.

Note: If you don't see the Personal Health Record tab, call 0860 765 633 to activate your Personal Health Record.



VIA YOUR SMART PHONE

All it takes is three easy steps:

Step 1: Download the **POLMED PHR** app available for Android devices on the Google Play Store. The iOS version to follow soon.

Step 2: Enter your username and password.

Step 3: Click the login button and you're good to go!

