

Stay organized and active in your own care

Personal Health Record

Make HistorySM
**Your medical history
online ... in one
secure location.**



father does have
mild arthritis and
has hypertension
and heart disease.

Patient History

Treatment consisted of spinal
manipulation, physical therapy,
modalities, and intersegmental
traction.

IMMUNIZATION	
Dose	Normal Schedule
1	2 mo.
2	4 mo.
3	15 mo.
	4-6 yrs

Data

4735-09

You don't have to be rich and famous to make history

You can make history by putting the Aetna[†] Personal Health Record to work for you.

This secure, private, online resource makes it easy for you to view, access and manage your health information — and share it with your doctors.

How your Personal Health Record can help you

With this resource, it's easy to:

- **Keep your health information in one place**

It's always available for you to access in an emergency.

- **Share your history with your doctor**

Before doctor visits, print your detailed Health Summary and take it with you to give your doctors a more detailed view of your health.

- **Maintain or even improve your health**

Based on your health profile provided by insurance claims and information you enter yourself, the Personal Health Record generates personalized health-related alerts and reminders that can help you address your health needs in a timely manner.

[†]Health benefits and health insurance plans are offered, underwritten or administered by: Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Corporate Health Insurance Company and/or Aetna Life Insurance Company.

Member Home

View Personal Health Record for: Elizabeth Smith - DOB: 01/31/1966

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[Health Summary](#) | [Personal Information](#) | [Emergency Contact](#) | [Insurance](#) | [Health Team](#) | [Immunizations](#) | [Family History](#)

You have one urgent alert & reminder > Print

Health Summary
Share this overview of your health with any new doctor or specialist. This information is also handy when you need to go to a hospital or other treatment center.

Take A Tour
 Questions About This Page
[> All Insurance Data](#)

Walk Me Through...

Personal Profile

Elizabeth Smith	Height: 5' 4"
517 Belleview Court, Philadelphia, PA 19102	Weight: 190 lbs
Date of Birth: 01/31/1966	Blood Type: O+
Gender: Female	Blood Pressure: 140/90
Race: White (Not Hispanic)	Primary Citizenship(s): American
Marital Status: Married	Foreign Countries Visited:
Preferred Phone Number: 555-284-9358	Preferred Language: English
Alternate Phone Number:	
E-mail: lizsmith@yahoo.com	

Emergency Contact

Emergency Contact Name: Steven Smith	Emergency Contact Phone Number: 555-751-8594
Relationship: Husband	Emergency Contact Alternate Phone Number: 555-985-9245
I have signed an advanced directive	I am not an organ donor

Insurance

Medical	Aetna, Inc.	555-867-5309
Dental	Aetna, Inc.	555-465-4521

Health Team

Dr. Robert Goldberg, Endocrinologist	555-867-5309
Patrick Wells, DC, Chiropractor	555-415-9541
Dr. Sara Doshi, Ophthalmologist	555-965-3215
Dr. Joyce Brown, Dermatologist	555-215-3456
Eckerd Pharmacy	555-563-6138
Rite Aid Pharmacy	555-434-4567

Immunizations

Hepatitis A	Date of Immunization: 01/15/06
Influenza	Date of Immunization: 11/18/05

Family History

Mary Jones, Mother (Age of Death: 68)	Condition: Diabetes, GERD, Hypertension
James Jones, Father	Condition: Skin Cancer
Mary Fredericks, Sister	Condition: Breast Cancer

Medications

Doxycycline	Purchase Date: 06/06/2006
Diprolene	Purchase Date: 04/25/2006
Glucophage	Purchase Date: 03/15/2006
Lisinopril	Purchase Date: 03/15/2006
Advil	Purchase Date: 11/15/2005
Multivitamin	Purchase Date: 10/10/2005

Visit www.aetna.com once you're a member and Make History.

Your health information, one secure location

With your user name and password, you control who sees your information. You can share it as you see fit.

The Health Summary is your health "home page." It's the best place to see an overview of your health information. You can decide what's in it and what you share with doctors and specialists.

Who has access

The Personal Health Record is available to employees who enroll in an Aetna health benefits or health insurance plan. You and your covered family members have separate Personal Health Records.

As the subscriber of your health plan, you can access and add information to the Personal Health Record for any covered family members under age 18.

It's easy to get started

Once you're a member, visit www.aetna.com and create a user name and password on our secure Aetna Navigator™ member website.

When you go into your Personal Health Record, you might see that much of your medical history is already included.

Then, it's easy to enter more information to create a detailed picture of your overall health.

Use it to track your health events. Print a copy to help you fill out medical forms and share it with your doctor.

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. The Aetna Personal Health Record should not be used as the sole source of information about the member's health conditions or medical treatment. Information is subject to change. For more information about Aetna plans, refer to www.aetna.com.

Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02, HMO/OK GA-3 11/01, CHI/OK GP-3 02/02, CHI/OK INSCT-4 01/02, GR-23, GR-29, GR-96172 and/or GR-96173.