

MEDICAL AND PERSONAL HEALTH RECORDS

Medical records contain information compiled and maintained by each of your healthcare providers. You are entitled to your medical records from any healthcare provider you have visited. (Copying fees may apply.) Be sure to keep your records in a safe place, whether online or in hard copy.

A Personal Health Record is information about your health compiled and maintained by you. In addition to provider-supplied medical records, it can be helpful to keep track of information such as symptoms, treatments, current prescriptions and dosages, other health conditions, and any other information that may be helpful to you and your healthcare provider. Some patients have found keeping a log of symptoms to be helpful when talking to the health practitioner.

For information about maintaining your personal health records, search “personal health record” at MedlinePlus (<https://medlineplus.gov/>) or type in this URL:

<https://medlineplus.gov/personalhealthrecords.html>

There are many patient websites and apps for tracking symptoms, such as:

<http://www.sympleapp.com/>

<http://skygazerlabs.com/wp/>

<http://www.webmd.com/webmdpaincoachapp>

If you would like to contribute information about your illness to help with statistical research on Lyme disease, see:

<https://www.mylymedata.org/>

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