Personal health record

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The ability to create your own personal health record (PHR) provides you, the individual, with the ability to create a complete health record, which can be easily accessed and updated as needed. Your PHR is created and controlled by you. Your PHR can include information that your doctor may not have, such as dietary and exercise habits or daily records of glucose or blood pressure readings.

Keep in mind that creating a PHR is optional and not required by the Plan. If you decide to create a PHR, the information contained within is not reviewed by the Plan or shared with any other group or individual. In addition, the information contained within is not in any way associated with or used to determine benefits, coverage or premiums.

By creating a PHR, you can:

- Create an accurate and comprehensive record.
- Easily access and update health information at any time, even while traveling.
- Provide information to a new health care provider.
- Keep a record in a secure environment and control access.
- Keep a complete health record in one place.
- Easily download or print the information as needed using the "Blue Button" feature.

In summary, your PHR record is your personalized health record and contains a wide array of information. To help get you started, I have listed the quick and easy steps you will need when creating a PHR account and creating a personal health record.

Creating a personal health record account:

- **Step 1:** Go to nalc.org/depart/hbp.
- **Step 2:** In the top right corner of the page, click on "Not Registered?"
- **Step 3:** Read "Terms and Conditions." Check the box "I agree to the Terms and Conditions." Then click "Continue."
- **Step 4:** Membership verification—Complete the fields "Member ID," "First Name," "Last Name" and "Date of Birth." Then click "Continue."
- **Step 5:** Registration-Account Creation—Complete the fields: "Username," "Password," "Confirm Password," "Email," "Confirm Email"

and "Security Questions." Then click "Continue."
- **Step 6:** If your account has been successfully created, you will get an "Account Created" screen. Click "Continue."

Creating a personal health record:

- **Step 1:** Go to nalc.org/depart/hbp.
- **Step 2:** Login by typing your username and password.
- **Step 3:** Under the "Member Tools" heading, click on "Personal Health Record (PHR)."
- **Step 4:** Under "Personal Health Record," use the drop-down menu to select the member, then click "Select."
- **Step 5:** Using the menu on the left side of the page, click on each section (Basic Summary Information, Contacts, Lifestyle Preferences, Medical History and Family History) and complete the information.
- **Step 6:** When you are finished entering your information, click on "Complete Personal Health Record" to view all the information you have entered.
- **Step 7:** You also may use the "Blue Button" tool, which allows you to easily access and download your personal health record information.

How many times have you heard a reference to the "Blue Button"? What is the Blue Button? The Blue Button allows you to access and download your personal health record information into a very simple text file or PDF that can be read, printed or saved on any computer. It gives you complete control of this information—without any special software—and it enables you to share this data with your health care providers, caregivers or other people you trust.

2013 Food Drive

I would like to say "thank you" and "great job" to all of the employees at the Plan for their donations to this year's food drive. As usual, the employees were very generous in their giving, and another successful food drive was achieved.

The employees of the Health Benefit Plan gathered to celebrate their haul of 7,790 pounds of food collected for the 2013 NALC "Stamp out Hunger" food drive.