

Personal Health Record



Avantika Kapoor

Hindustan Lever Limited

Welcome to the electronic age of managing all pertinent personal and family health information. Print this report and share it with those you matter to you- your doctor, your family, your friends or your hospital. Save yourself the hassle of completing health information at each doctor's office/hospital.

We strongly recommend you to carry this with you while traveling to aid you and those providing medical attention to you, in case of any unforeseen medical emergency.

What are the Benefits of a PHR?

Besides many others, here are some advantages of completing, storing, updating and sharing your health information:

To You:

- It will reduce or eliminate duplicate tests to ensure a faster and safer diagnosis as well as treatment plan in the event of an emergency.
- This will save you from spending extra money on redundant tests as well as your precious time.
- You can track your immunizations, medications, prescriptions, allergies, etc. without your doctor's help.
- Your medical provider will be abreast of all past surgeries (and associated complications, if any), procedures, tests and diagnosis.
- Reduce limitations of telephone and face-to-face communication challenges by transmitting this data electronically to your doctor to provide a comprehensive and updated report of your health.

To Your Doctor/Primary care Physician:

- It will provide rapid access to clinically relevant data.
- It will save him/her the hassle to collect and coordinate data from numerous external sources such as pathological labs and other specialist consultations. This data is usually not available during an unplanned visit to the doctor, thus forcing him/her to spend more time and energy to obtain the necessary information to provide the optimum care.
- In countries like India, this is a vital piece of information, as centralization of health information is rare and in primitive developmental stages.



Identification

Name:	Avantika Kapoor	Birthmark:	Mole on Left Back
Address:	B 76 Soami Nagar	Blood Type:	B+
City:	Delhi	Date Of Birth:	11-03-1973
State:	New Delhi	Gender:	Female
Country:	India	Organ Donor:	Yes
Home Phone:	0	Weight:	152 lb
Work Phone:	9871856522	Height:	5 Feet 5 Inches
Mobile:		Eye Color:	Brown
Email:	avantika.kapoor@hll.com		
Hair Color:	Black		



Emergency Contacts

Name:	Amit Kapoor	Relation:	Brother
Address:	207 Dayal Apartments Agra		
Home phone:	05623285757		
Work Phone:		Mobile No:	
Email:			

Name:	Rajiv Kapoor	Relation:	Cousin
Address:	C 39 Soami Nagar		
Home phone:	26497777		
Work Phone:		Mobile No:	9871856543
Email:			



Physician Information

Name:	Shikha Gupta	Speciality:	Dentist
Phone:	266775544	Mobile:	
Email:	shikha@indiandentistry.com		

Name:	Swati Gupta	Speciality:	Gynae
Phone:	26467788	Mobile:	
Email:			

Name:	Sandeep Taneja	Speciality:	GP
Phone:	26498787	Mobile:	98777177
Email:	sandeep@taneja.com		



Dental Health and Dentist Information

Name:	Shikha Gupta	Phone:	26565656
Mobile:		Email:	shikha@indiandentistry.com

Visited Date: 00-00-0000
Existing Diseases: Gingivitis

Treatment: Gums

Name: Swati Gupta
Mobile:
Visited Date: 06-03-2007

Phone: 26558494
Email:
Treatment: Filling



Insurance Provider

Company Name: Apollo DKV
Phone No: 26667778
Member Id: 12345765

Address: Nehru Place
Email: pradeep@apollodkv.com
Website: www.apollodkv.com



Medical Health History

Diseases: High Cholesterol, High Blood Pressure, Obesity
Other Disease: Urinary Tract Infection



Infectious Diseases

Disease Name: Measles
Date: 13-01-1988
Remarks: Brother got measles
Age: 12

Disease Name: Chicken Pox
Date: 21-08-1984
Remarks: Epidemic in school
Age: 8



Allergies/Sensitivities

Other Allergy: Straw

Allergy Type: Pollen and mold allergy
Reaction:



Immunizations

Diseases Name: Tetanus
Booster1

Age:	2	Date:	13-12-1978
Booster2			
Age:	5	Date:	14-01-1981
Booster3			
Age:	15	Date:	09-01-1991

Diseases Name:	Hepatitis B		
Booster1			
Age:	1	Date:	12-01-1977
Booster2			
Age:	3	Date:	17-01-1979
Booster3			
Age:	7	Date:	27-07-1983

Diseases Name:	Polio		
Booster1			
Age:	2	Date:	24-01-1978
Booster2			
Age:	5	Date:	20-01-1981
Booster3			
Age:	7	Date:	24-08-1983

Diseases Name:	Measles		
Booster1			
Age:	12	Date:	13-01-1988
Booster2			
Age:	14	Date:	20-06-1990
Booster3			
Age:	17	Date:	13-01-1993

Diseases Name:	Tuberculosis		
Booster1			
Age:	2	Date:	11-01-1978
Booster2			
Age:	15	Date:	31-01-1990
Booster3			
Age:	18	Date:	22-06-1994



Family Health History

Name:	Gur Prasad	Diseases:	Heart Disease, High Cholesterol
Relation:	Grandfather	Age:	78
Cause Of Death:	78, Heart Attack	Other Disease:	Frequent or Severe Headaches

Name: Shashi Diseases: Arthritis, High Cholesterol, High Blood Pressure
Relation: Mother Age: 67
Cause Of Death: Other Disease: Eye Problem

Name: Amrit Kapoor Diseases: Diabetes, Heart Disease, Thyroid Problems
Relation: Father Age: 73
Cause Of Death: Other Disease: Dizziness



Hospitalization

Hospitalization Date: 08-06-2005
Reason: Surgery
Remarks: Removal of benign tumor

Hospitalization Date: 06-05-1999
Reason: Delivery
Remarks: Had a male child



Surgeries

Surgery Date: 21-05-2008 Doctor: Plastic Surgeon
Surgical Procedure: Nose Job
Comments: Fixed snoring problem

Surgery Date: 08-08-2006 Doctor: Sandeep
Surgical Procedure: Removal of Benign Tumor
Comments:



Lab or Imaging (Examples: X-ray, MRI, Mammogram etc.)

Test Name: Total Cholesterol Doctor: Sandeep
Test Date: 10-11-2009
Reason: Annual

Test Name: Blood Sugar- Fasting Doctor: Sandeep
Test Date: 17-11-2009
Reason: Annual

Test Name: RBC Count Doctor: Sandeep
Test Date: 03-02-2009
Reason: Annual

Test Name: Platelet Count Doctor: Sandeep
Test Date: 11-02-2009
Reason: Annual

Test Name: Complete Haemogram Doctor: Sandeep
Test Date: 05-01-2005
Reason: Annual

Other Test: Mammogram Doctor: Shikha
Test Date: 06-01-2009
Reason: Felt a lump and was concerned



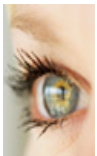
Medical Devices (Examples: pacemaker, insulin pumps, breathing devices etc.)

Device Type: Contact lenses
Date: 13-02-2008
Hospital:
Doctor: Tony Chang
Reason: Vision issues



Physical/Occupational Therapy

Therapy Type: Frozen Shoulder
Frequency: 1 month
Date: 07-04-2009
Comments: Took physio for 1 month



Vision

Doctor: Tony Chang Visited Date: 12-08-2009
Left Eye Vision: Hypermetropia
Left Eye Power: +0.5
Left Eye Disease:
Right Eye Vision: Hypermetropia
Right Eye Power: +0.5
Right Eye Disease:

Doctor: Tony Chang Visited Date: 07-01-2009
Left Eye Vision: Myopia
Left Eye Power: -0.75
Left Eye Disease: Dry eyes
Right Eye Vision: Myopia
Right Eye Power: -1
Right Eye Disease: Dry eyes

How can I share this information?

You can:

- Print this record and keep it with you at all times.
- You can save it to your computer and/or flash drive.
- You can email it to yourself to ensure access from anywhere and anytime (provided you have access to the internet).
- Provide a copy/email it to your doctor.
- Also, consider sharing it with your emergency contacts so they are posted about your health history in case of emergencies.