

Electronic Health Records: How they connect you and your doctors

You and your doctor can share your data more effectively and quickly with other health care providers. There are multiple benefits to YOU. For example, you can eliminate the time and hassle of taking multiple tests or exams.

Where We Were

There was a lot of paper.

Most medical data was not electronic, so the exchange of information between the following health care providers may not have been possible:

- Your doctor and a pharmacy
- Your doctor and another trusted health care provider
- Your doctor and a hospital



Physicians' use of **EMR/EHR systems** increased from **18%** in 2001 to **57%** in 2011¹

Where We Are Now

Many doctors are using electronic health records.

Doctors, labs, pharmacies, and hospitals can store patients' health data electronically. This will help:

- Make your doctor visits faster
- Seamlessly coordinate your care among all your doctors
- Allow you to be in full control of all your medical data



2 out of 3 people would consider **switching** to a physician who offers access to medical records through a **secure Internet connection**²

What can you do with access to your health record?



Check to make sure **your information is correct and complete**



Keep track of important **health information** (e.g., vaccination records and test results)



Have your **medical history available** if you are changing doctors or visiting a specialist



Keep track of all **your medicines and dosages**

Having electronic access to your medical record can help you better manage your health.

80%

Americans who **have access** to their health information in **electronic health records use it**³



65%

Americans who **don't have electronic access** to their health information **say it's important to have it**⁴

E-health tools and mobile devices can help you better manage your personal health and wellness.

17 million

Number of consumers using **mobile devices to access health information** in 2011⁵



27%

Adults who use the internet have tracked the following:⁶



weight



diet



exercise routines



health indicators



symptoms



People who are **more engaged** in their health actually get **better health care**⁷



Where We Are Headed

Emerging technologies offer new ways for you and your doctor to monitor and manage chronic illnesses.

You will be able to:⁸

- Use GPS technology or real-time reminders and alerts to better prevent and treat health complications
- Send vital health data from your home to physicians' offices
- Have virtual visits and receive health coaching from providers based on clinical data transmitted



11%

users who downloaded an **app** to help them **track or manage their health**⁹



What Does This Mean For You?

How technology will improve your health:



Less **paperwork**



Easy, electronic access to your **medical records**



Better **care coordination** among health care providers



Faster, more accurate **prescriptions**



Fewer unnecessary **tests and procedures**



Greater **control** over your health

Remember to ask your health care providers if they: **Use and provide access to Electronic Health Records**

Sources

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