



Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions



Aetna Personal Health Record

A tool with the smarts to help you get and stay healthy

It looks out for your health

Your Aetna Personal Health Record is much more than an online home for your health information. It's like having a personal health assistant.

Behind this tool is the MedQuery® program, powered by patented CareEngine® technology. It helps provide better, safer and more cost-effective care. It scans the information in your personal health record and compares it to thousands of the latest medical guidelines.

When it spots potential medical problems, possible drug interactions or gaps in care (like missed tests or procedures), it will post a message to you in your personal health record. The doctor treating you will also get an alert if it's urgent.

These messages also suggest what you can do about these gaps. By following these suggestions, you may be able to avoid more serious medical issues. This can also save you money.

Provides a complete picture of your health

When a doctor or pharmacy sends in a claim, it goes into your personal health record. You can add your own information, too.

Your personal health record can track:

- Family health history
- Immunizations
- Doctors
- Allergies
- Blood pressure, weight, blood sugar and cholesterol numbers
- Tests, procedures and more

Other ways this tool can help you

- **Share it with your doctor.** The “Health Summary” page of your personal health record shows your health information at a glance. You decide what goes into your summary and what you share with doctors.* Print it out and take it with you, or share it securely online before your visit.
- **Know when you are overdue for important checkups.** It can help remind you when to get preventive screenings like a mammogram or colonoscopy.
- **Track important health numbers.** The “Vitals and Trackers” page provides you with your latest health measures, such as blood pressure, blood sugar and other health markers. You can also view this information over time with easy-to-use graphs and charts.
- **Manage your family’s health information.** The personal health record is available to employees who enroll in an Aetna health benefits or health insurance plan. Your covered family members have their own personal health records. As the plan subscriber, you can access and add information to their personal health records — as long as they are under age 18. You can give your covered spouse or domestic partner this access, too.

Features that really matter

- **It’s secure.** You need your user name and password to access your personal health record. All of your information is kept private on your secure member website.
- **It never stops working.** Your personal health record keeps scanning your information to find ways to improve your care. You can even get e-mails from your personal health record when a new health alert or task is found.
- **It’s portable.** If you change coverage or change jobs, or if your employer stops offering the personal health record, you can transfer your information to a Microsoft® HealthVault® record. You can also save a copy of your information to a computer as a PDF or text file.

It’s easy to get started

Simply go to www.aetna.com, and create a user name and password on your secure member website. Then go to the “Health Records” tab and click on “Personal Health Record.”

Check your personal health record often for important health messages.



*In some circumstances, such as when your personal health record detects certain potential health risks, relevant information may be sent to your doctor via a health alert. This may occur even if you have not given a copy of your personal health record to your doctor or shared it with him or her online.

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Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

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