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g●PHR

Collect. Store. Access.  
A Personal Health Record for all.

# It's time to own your health. And well-being.

Your well-being is like your medical care—personal. No two people have the exact same health care needs or goals for life. So, it makes sense that the best person to be in charge of your care should be you.

That said, it can be a lot to handle on your own. That's why the State of Connecticut created goPHR—an online personal health record service that takes the stress out of managing care, so you can take control of your personal health and focus on being well.



## goPHR, powered by the Department of Social Services.

Designed specifically for Medicaid members, this free tool automatically collects, organizes and stores your important health information in one secure place. And makes it easy for you to check your information anytime—day and night—from anywhere.

### **Secure**

No one—including doctors, care managers or family—can see your health information without your permission.

### **Easy to Use**

You have the ability to manage your records on the spot.

### **Portable**

Because it's from the state, goPHR stays with you for life. Plus, you can access your health records anytime you want to from any computer, tablet or smartphone by using your username and password.

### **Informative**

The information you see comes from many places, including the health care services that doctors and hospitals provide.

# Getting started with goPHR.

Setting up your free goPHR account is simple. But because the system is online, you will need to have a working email address and internet access to use goPHR.

To start, visit the goPHR website and click the “Enroll” button at the bottom of the page. After completing the sign-up form, you’ll get an email containing a unique link and access code to activate your account. If you have a Transition Coordinator or Care Manager, they may be able to assist you in signing up or answer any questions you may have.

[Visit phr.ct.gov to begin](http://phr.ct.gov)

If you don’t have internet access, or decide you want help managing your health, you can ask that a trusted loved one be given access to your account. However, this person will see all of your confidential information, so you should think carefully about who you choose.

For more information, email [PHR.Helpdesk.DSS@ct.gov](mailto:PHR.Helpdesk.DSS@ct.gov)



## Features that help you own your care.

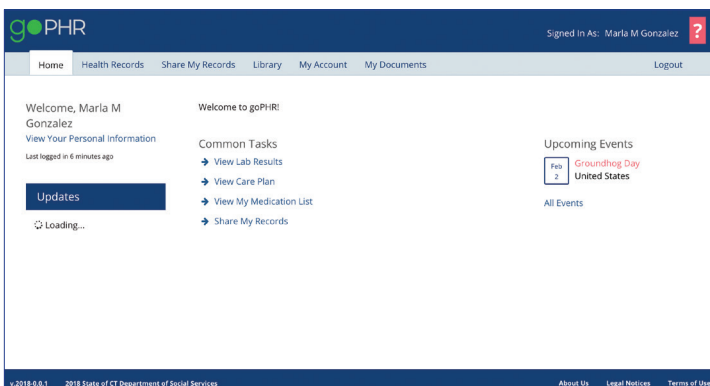
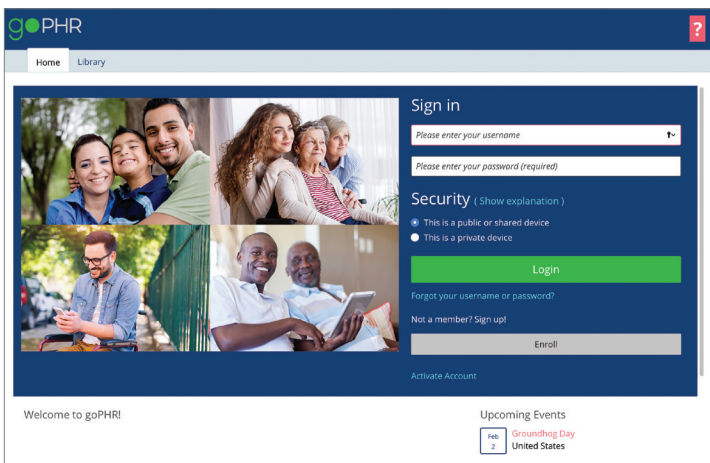
**Health Records** – From here you can securely store and manage your health information, which can be organized by date or by category. Categories include appointments, lab tests and medications.

**Share My Records** – You can easily share your records with your doctors, sending them in the specific file format they prefer. You can also download select records for printing.

**Library** – This resource section allows you to learn more about your conditions or medications. You can also download forms to print out or complete and submit questionnaires online.

**My goPHR Account** – On this page, you can update your personal information, review your account history, change your password or request a loved one be allowed to access and manage your records for you.

**Coming Soon: Messages** – Here you can email your doctors or, if you have them, care team members to ask general questions. You can also ask more specific questions, such as asking for a referral.





Take control of your care, so you can focus on your well-being. Enroll in goPHR today.



For questions, email [PHR.Helpdesk.DSS@ct.gov](mailto:PHR.Helpdesk.DSS@ct.gov)  
[phr.ct.gov](http://phr.ct.gov)