

# Ready, set, goPHR

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

goPHR is a free, online Personal Health Record tool that Medicaid members can use to learn about their health. goPHR holds your medical records in one place so they are easy to find, read and share.

## What you need before signing up.

Because goPHR is an online tool, you must have a working email address to sign up and receive notifications. You must also have access to the internet, either through a computer, tablet or smartphone. If you need help with either of these things, ask a loved one if they can assist you in getting set up.

## How to sign-up for goPHR.

### STEP 1

Visit the goPHR website by typing in the following URL:

<https://phr.ct.gov/public/index.html#/home>

Then scroll to the bottom of the login screen and click the gray “Enroll” button.

### STEP 2

Review the “Terms & Conditions” for using goPHR and click the blue “I agree to these terms” button.

## STEP 3

Complete the form given to create your goPHR account. Information you must provide includes your first and last name, email address and social security number. Once the form is filled in, click the "Enroll" button at the bottom of the page.

## STEP 4

Check your email for a response from goPHR. It will contain a unique link and access code to activate your account. Click the link then enter the code to finish signing up.

Once you've finished, goPHR will provide you with a username. You will then be asked to create a password so that you can securely log into goPHR whenever you want.

The screenshot shows the goPHR website interface for creating an account. At the top, there is a dark blue header with the goPHR logo and navigation links for 'Home' and 'Library'. Below the header, the main content area is white and titled 'Create an Account'. A sub-header reads: 'To locate your medical records, complete the required fields below. When you are finished, select Enroll to continue.' Below this, there is a prompt: 'Please fill in the form and click Enroll'. The form consists of several fields: a required field for 'First Name', a field for 'Middle Name', a required field for 'Last Name', and a required dropdown for 'Gender'. A second prompt follows: 'Please fill in your communication preferences'. This section includes a required field for 'Email Address', a 'Text (SMS)' field, and a 'Carrier' dropdown. Below these is the 'Receive communications by:' section with radio buttons for 'Email' (which is selected) and 'Text (SMS)'. A final prompt reads: 'Please fill in your language preferences'. At the bottom of the form, there are two buttons: 'Cancel' and 'Enroll'.



# What to do if you need help signing up.

If you need assistance signing up for goPHR, please email [PHR.Helpdesk.DSS@ct.gov](mailto:PHR.Helpdesk.DSS@ct.gov)

If you have a Transition Coordinator or Care Manager, they can also answer any questions you might have.