

It's your health history, a medical library, and a customizable organizer rolled into one secure and easy-to-use tool. The Personal Health Record lets you establish a secure, Web accessible location that you control to organize and store all of your health data.

Personal Health Record on myuhc.com[®]

With the Personal Health Record you can:

- ▶ Review medical and pharmacy claims information, as well as lab results
- ▶ Record allergies and immunizations
- ▶ Record your family health history and personal contacts
- ▶ Track your progress with important Health Trackers such as blood pressure, cholesterol, and weight
- ▶ Print or download a historical claims summary known as the Personal Health Summary, which can be taken to a doctor's appointment to review with your physician

Customizable, reflecting your unique needs

Personal Health Record is customized with health information and reminders that reflect your specific health conditions. And, you may easily personalize it with detailed information important to you.

Confidential, personalized information

Personal Health Record will provide you with health information based on your age, gender, lifestyle habits, and diagnosed or self-reported conditions and diseases.

Start today on myuhc.com

To access your Personal Health Record, logon to **myuhc.com**. Now is the best time to take control and proactively manage your health on **myuhc.com**.

myuhc.com[®]

Get the convenience and peace of mind of having your health information all in one place. Personal Health Record, your online, interactive personal health management system from UnitedHealthcare.



Insurance coverage provided by or through: United HealthCare Insurance Company, United HealthCare Insurance Company of New York, or their affiliates.

Data provided to the Personal Health Manager is strictly confidential.



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