

Chart a healthy course with MyHealth Record at anthem.com/ca

Are you due for a tetanus shot? A routine cancer screening? An annual checkup? Your health information is always at your fingertips with MyHealth Record. Store all of your health records — easily and securely — in one convenient spot at anthem.com/ca. Keep track of medical appointments, preventive care, claims, medications and more.

Organized. Secure. Accessible.

Even if your medical records are well-organized at home, keeping them private — yet always available — are still concerns. MyHealth Record keeps your health information organized, secure and easily accessible, which is especially important in emergencies. Your records will be available to help guide your care — wherever you are — with life-saving potential.

You can use MyHealth Record to:

- Consolidate your health history in one secure location.
- Track doctor visits, vaccinations and other wellness services — a great help if you see multiple doctors.
- Print out and share your health summary with your physicians. It could identify an important detail or quickly update a new doctor on your medical history.
- Stay on top of the latest patient education, health management programs, health news and tools with your customized health profile — so you can make better-informed health care decisions.
- Help avoid potentially dangerous drug interactions, medicines you're allergic to, or duplicative tests and procedures.

Where does the information come from?

Enroll in MyHealth Record and you can add your own information, including:

- Dates of immunizations, cancer screenings, cholesterol tests
- Dates of surgeries and the names of hospitals where they were performed
- A list of allergies
- Prescription and over-the-counter drugs you are taking
- In-office lab tests (such as Strep)
- Serious or chronic medical conditions



We can even update your record weekly with any new claims information on file.*

Create your own emergency health card

Use your MyHealth Record information to create your own Emergency Information Card. This wallet-sized card summarizes your key health information, such as your blood type, allergies and medical conditions. Always carry it with you to help ensure you get the right care in the event of an emergency. Or use it anytime a health care professional needs a quick overview of your medical history.

*The types of data supplied will vary depending on your health plan and may not be complete (for instance, claims that may not have been received or posted).

YOUR RECORD IS PRIVATE

As always, your personal health information will be safeguarded with our strict privacy and security standards. You can view these standards at MyHealth@Anthem at anthem.com/ca. There is no obligation to participate, and you can deactivate the service at any time.

BEGIN YOUR MYHEALTH RECORD TODAY

1. Just log in to anthem.com/ca.
2. Click on "Health & Wellness".

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