

## Electronic Personal Health Records

### MedFlash

1-888-696-3346

[www.medflash.com](http://www.medflash.com)

\$23.99 initial purchase (includes 1GB flashdrive), \$12.99 annual fee to store and update comprehensive personal health information online. Available from QFC Pharmacies and Fred Meyer.

Additional Features:

- MedFlash Rx Card, for prescription discounts.

### Medic Key

1-877-682-5340

[www.medickey.com](http://www.medickey.com)

\$69 individual, \$29.95 family upgrade. One-time purchase of USB flash storage device to record and store comprehensive personal health information. Does not provide Web access.

### ER Card

1-888-873-2673

[www.ercardmember.com](http://www.ercardmember.com)

\$99 individual annual fee; \$149 couples annual fee. Secure online service to store and update personal health information.

Additional Features:

- Care Management Services - staff will contact you, family caregivers or legal guardians to ensure information is current and accurate; provide reminders for preventative care visits.
- Drug/Medication Review - staff pharmacists will review medications for possible drug duplication, harmful interaction, etc., and notify of any problems.
- EMT Care Link - Health professionals can access patient information via web, phone or fax.
- Decals, card key tags, wallet card, ID necklace provided.
- USB flash drive optional.

**Vial of Life** – Offered in King County through Medic One Foundation

1-888-473-2800

[www.MedicOneFoundation.org](http://www.MedicOneFoundation.org)

\$1 from Bartell Drugs; form available online to update basic personal health information for emergency personnel.

Additional Features

- Printed record is placed in vial inside refrigerator.
- Decal provided for front door or window to alert emergency responders.

**Vial of Life** – A public charity sponsored by American Senior Safety Agency  
1-888-473-2800

[www.VialofLife.com](http://www.VialofLife.com)

Free online service to store and update basic personal health information for emergency personnel.

Additional Features

- Printed record is placed in baggie and taped on refrigerator.
- Decal provided for front door or window to alert emergency responders.

### **MedicAlert**

1-888-633-4215

[www.medicalert.org](http://www.medicalert.org)

MedicAlert Advantage: \$39.99 initial purchase, \$25 annual fee.

Secure online access to store and update personal health information.

MedicAlert Gold includes Advantage features plus capability to store faxed health documents: \$9.95 per month.

Additional Features:

- MedicAlert Emergency Member Card with emergency information imprinted.
- 24-hour Emergency Response Center to transmit information to emergency responders.
- Family notification service in the event of an emergency.
- Medication dosage service.
- E-HealthKey Desktop CD links to Medic Alert online record: \$29.95.
- E-HealthKey USB flash drive links to Medic Alert online record: \$49.95.

### **Shared Care Plan – Whatcom County**

[www.sharedcareplan.org](http://www.sharedcareplan.org)

Free to residents of Whatcom County. Secure Web site to track and update personal health information. It's unclear as to what extent this is available to King County residents.

Additional Features:

- Prints full report or wallet-size summary.

### **Microsoft HealthVault** – (BETA phase)

[www.healthvault.com](http://www.healthvault.com)

Free, secure online service to store and update personal health information.

Additional Features:

- Capability to store faxed health documents.
- Interacts with personal health devices to monitor health.
- Free software from Microsoft to upload information from PC to HealthVault.
- Use Windows Vista gadgets to create health information.

**I-Health Record** – integrates with Google Health (BETA phase)

[www.ihealthrecord.org](http://www.ihealthrecord.org)

Free, secure online service to store and update personal health information.

***AccessMyHealth.org needs the input of as many Washingtonians as possible.***

AccessMyHealth.org is a partnership of Washingtonians – patients, doctors and others – that will be exploring ways to improve patients' access to their personal health information.

The AccessMyHealth.org partnership, convened by the Washington State Health Care Authority is supporting the concept of secure online personalized health records to help you gather and store your health information to share with your doctors, family members and others.

We are looking for volunteers to help us explore how and when an online personalized health record could be useful to patients, their families and doctors. We encourage all Washingtonians to share their thoughts.

Sign up to participate by going to [www.AccessMyHealth.org](http://www.AccessMyHealth.org).

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