Aetna Personal Health Record

A safe, online home for your employees' health information

Organized, easy to share — this tool can help lead to better care

Improving health with powerful information

Here's what you need to see lower care costs, and healthier, safer employees — the Aetna Personal Health Record. It's an online tool that helps your employees keep their health records up to date, and in one secure place.

PLUS —

- **It's smart**: Our disease management and MedQuery® systems "talk to each other" to give a 360-degree view of employee health. So when our systems scan your employees' Personal Health Record against the latest medical information and established guidelines, it can find care improvements, or avoid possible high-cost gaps in care.

- **It cuts costs**: When it finds a gap in care, your employees and their doctors get an alert to resolve that gap. That helps your employees avoid more serious medical issues, which can save you money.

- **It's all in one place**: Care history from different doctors is all together. So it's easier for your employees to maintain a medical history, coordinate care from all their doctors or use prescription drugs safely.

- **It's portable**: Your employees can easily share their information with their doctors online, or print a Health Summary for their visit. They can also save their Personal Health Record as a PDF file to e-mail to family or caregivers.

It's powered by the CareEngine®

Using this technology, the Personal Health Record pulls every recorded medical claim, available lab result, office visit or filled prescription, and compiles it in one place. And it constantly updates.

At the same time, patented CareEngine® technology is scanning this information — even data employees enter — against thousands of evidence-based clinical guidelines. Then, it spots care improvements or costly gaps in care like:

- Potential medical issues
- Service duplication
- Dangerous drug interactions
- Deviations from medical guidelines

Then, an alert goes out

Say your employee fills a new prescription that would interact badly with their current prescription. When the CareEngine finds a gap like this, they would get an alert — or "care consideration" — in their Personal Health Record. They can also choose to receive an e-mail that tells them one is available.

In serious or life-threatening cases, we'll let the treating doctor know as well.

The data is up to date

The CareEngine system never stops scanning your employees' information. It stays current with the latest medical guidelines and technology — thanks in part to a team of doctors and clinicians who review and oversee data. Once new medical findings are published, they are added to the database.

Alerts + action = lower costs

Users of our Personal Health Record were able to resolve
56 percent more costly gaps in care than non-users.[1]

Cutting costs and avoiding complications

Aetna Personal Health Record at work:*

Example	How it works	The result
Deb manages her diabetes well. But she doesn't realize that common blood pressure medications can also help.	When Deb's record is scanned, we compare information from her record with established medical guidelines to find care improvements or avoid a gap in care, like a drug-to-drug interaction.	Deb gets an alert, so she can discuss her medicine use with her doctor.
Tony is being treated for his peptic ulcer. He starts taking ibuprofen to ease back pain — not realizing this can raise the risk for a bleeding ulcer. Still, he noted it in his Personal Health Record.	Claims information, doctor visits, tests, procedures or filled prescriptions automatically appear in your employee's Personal Health Record. And they can add more information — like family health history or over-the-counter medications — that only they would know.	When Tony shows his doctor his Health Summary, he's sharing a clear picture of his health. The doctor notices that Tony is taking ibuprofen, and suggests a different pain medication that won't increase his risk of a bleeding ulcer.

The utmost in privacy and security

The Personal Health Record is safe and secure. A secure log in and password are needed to use it so your employees decide who can access theirs.

They can also view the records of covered family members under 18. Even get a separate record for each of their family members.

Lifesaving health details on the go

Your employees can print an emergency card to take with them wherever they go. It can hold emergency phone numbers, doctor contact information, allergies, medications and more.

It's 100% portable

So if your employees change jobs or health plans, their information isn't lost. They can save the data from their Personal Health Record in Microsoft HealthVault. Or save it as a PDF file for future use.

*These are examples, and do not reflect the experiences of an actual member.
[1]Aetna PHR users vs. non-users study, Aetna Informatics, September 2009.

For more information, talk to your Aetna representative.

Health info *on the go*

Aetna Mobile Application
Your employees can view their Personal Health Record on their cell phone. Or with any other handheld device with web access.

ⱱAetna®

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