

The Personal Health Record (PHR) is a website where you can view your health information. Your PHR is at:

<https://phr.ihs.gov>



San Diego American Indian  
Health Center

You need to have access to the internet to access the PHR. You will need to use Google Chrome.

You can download Google Chrome at:

[www.google.com/chrome](http://www.google.com/chrome)

### What can you do with PHR?

- View your lab results
- Learn about your medications.
- Keep track of your health issues.
- View a list of your medications.
- Save a copy of your health information.
- Send an e-mail message to your health care team.
- Make sure the information in your medical record is correct.
- View a record of your immunizations.
- Share your health information with a caregiver or family member.

### Is your health information safe?

Yes, your health information is secure. Be cautious when viewing or downloading your health information to a public computer. Always log out when you are finished looking at your PHR.

**PHR**  
Personal Health Record



<https://phr.ihs.gov>

# How to sign up for your PHR

**Indian Health Service Personal Health Record**

**What is the Personal Health Record?**

The Indian Health Service Personal Health Record (PHR) can help you access your health information. You can track medications and lab results, contact your health care provider, and much more - all from the privacy of your personal computer and mobile device.

**Who can use the Personal Health Record?**

Any patient within the Indian Health System can register to use the PHR. As part of the registration process, patients must verify their identity at an Indian Health Service, tribal, or urban health care facility.

**When should I use the Personal Health Record?**

The PHR is a tool that provides you with timely access to your health information. It is not a substitute for meeting with your health provider. If you are experiencing a medical emergency, call 911 or go immediately to the closest emergency room.

**PHR Login**

Fields marked with an asterisk (\*) are Required

Username\*

Password\*

[Forgot Username or Password?](#)

**Register to use PHR**

## Step 1: Create a PHR account

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1. Go to <https://phr.ihs.gov> in your Google Chrome web browser.
2. Click the button labeled "Register to use PHR."
3. Choose a username and password that you can remember.
4. You will be asked to enter some information about yourself. When you are finished, you will get a message asking you to go to your hospital or clinic to finish the registration process.

## Step 2: Meet your PHR Registrar

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You will need to meet with the hospital or clinic's PHR Registrar. This person will activate your account. Please bring a photo ID if you have one.



### Step 3: Login to the PHR

After you talk with the PHR registrar, your PHR account will be ready.

1. Go to <https://phr.ihs.gov>.
2. Enter your username and password.
3. Select the health record you would like to view.
4. You can now view your health information.

For more information, visit the Indian Health Service at <http://www.ihs.gov>