How to Sign up for Your PHR

Step 1: Create PHR Account

1.) Go to https://sdaihc.org, click on the "For Patients" drop down menu, and select "Patient Portal". Or go directly to http://phr.ihs.gov on either Firefox or Google Chrome web browsers.

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 San Diego American Indian Health Center in order to complete the registration process.

Of note: please remember your username and password, it will also be needed to complete the registration process.

Indian Health Service **Personal Health Record**

Step 2: Your Security Questions and Answers

* Indicates Required Field. If you forget your Username or Password, PHR Administrator will ask you these security questions to confirm your identity. Be sure to select questions and answers you will remember.

Security Question #1*

---------- Select ----------

Security Answer #1*

Security Answer

Security Question #2*

---------- Select ----------

Security Answer #2*

Security Answer

Security Question #3*

---------- Select ----------

Security Answer #3*

Security Answer

[<< Previous] [Next >>] [Cancel]

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Step 3: Enter Your Information

* Indicates Required Field. You do not need to give us any not required data. But the more you give us, the better we can match your PHR account with your medical record.

Title	---------- Select ----------	Street Address*	Street Address
First Name*	First Name	Address Line 2	Address Line 2
Middle Name	Middle Name	Address Line 3	Address Line 3
Last Name*	Last Name	City*	City
Suffix	---------- Select ----------	State*	---------- Select ----------
Other Name(Allias)	Other Name	Zip/Postal Code (11111-1111)*	Zip/Postal Code
Gender*	⦿ Male ○ Female	Country*	United States
Date of Birth (mm/dd/yyyy)*	Date of Birth	Email	Email Address
Marital Status	---------- Select ----------	Home Phone (111)111-1111	(111)111-1111
Mother's Maiden Name	Mother's Maiden Name	Work Phone	(111)111-1111
		Mobile Phone	(111)111-1111

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Of note: please use legal name, as verifying your account with a government issued ID is necessary.

Step 2: Meet your PHR Registrar

You will need to meet with SDAIHC's PHR Registrar. This person will activate your account. Please bring a Government Issued photo ID (Driver's License, Tribal ID, Passport) AND remember your username and password. After you talk with the PHR Registrar, your PHR account will be ready, you can now view your health information!

What can I do with my PHR?

- o View your lab results
- o Learn about medications
- o Keep track of your health issues
- o View a list of your medications
- o Save a copy of your health information
- o Send an e-mail message to your health care team
- o View a record of your immunization
- o Share your health information with a caregiver or family member

Is my health information safe?

- o 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.

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