

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.

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
* Indicates Required Field.
Username*
Password*
 [Forgot Username or Password?](#)

PHR Maintenance
The PHR is updated on Thursdays between 10 pm Eastern Time (9pm-10pm CT, 8pm-9pm MT, 7pm-8pm PT).

Indian Health Service Personal Health Record

Step 1: Create Your Account
* Indicates Required Field.

Username*

Password*

Confirm Password*

Your username must:

- be 6-12 characters long
- only contain letters and numbers
- be unique
- NOT contain spaces

NOTICE: Your username is not case-sensitive.



Your password must:

- be 8-15 characters long
- have at least one capital letter and lower case letter
- have at least one number
- have at least one special character (eg. \$,!,#)
- NOT contain spaces
- NOT be the same as username

NOTICE: Your password is case-sensitive.

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

Secure | <https://phr.ihs.gov/phr/PHRRegistration/InitPHRRegistration2>



**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*	<input type="text" value="----- Select -----"/>
Security Answer #1*	<input type="text" value="Security Answer"/>
Security Question #2*	<input type="text" value="----- Select -----"/>
Security Answer #2*	<input type="text" value="Security Answer"/>
Security Question #3*	<input type="text" value="----- Select -----"/>
Security Answer #3*	<input type="text" value="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	<input type="text" value="----- Select -----"/>	Street Address*	<input type="text" value="Street Address"/>
First Name*	<input type="text" value="First Name"/>	Address Line 2	<input type="text" value="Address Line 2"/>
Middle Name	<input type="text" value="Middle Name"/>	Address Line 3	<input type="text" value="Address Line 3"/>
Last Name*	<input type="text" value="Last Name"/>	City*	<input type="text" value="City"/>
Suffix	<input type="text" value="----- Select -----"/>	State*	<input type="text" value="----- Select -----"/>
Other Name(Allias)	<input type="text" value="Other Name"/>	Zip/Postal Code (11111-1111)*	<input type="text" value="Zip/Postal Code"/>
Gender*	<input checked="" type="radio"/> Male <input type="radio"/> Female	Country*	<input type="text" value="United States"/>
Date of Birth (mm/dd/yyyy)*	<input type="text" value="Date of Birth"/>	Email	<input type="text" value="Email Address"/>
Marital Status	<input type="text" value="----- Select -----"/>	Home Phone (111)111-1111	<input type="text" value="(111)111-1111"/>
Mother's Maiden Name	<input type="text" value="Mother's Maiden Name"/>	Work Phone	<input type="text" value="(111)111-1111"/>
		Mobile Phone	<input type="text" value="(111)111-1111"/>

[<< Previous](#) [Next >>](#) [Cancel](#)

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?

- View your lab results
- Learn about 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
- View a record of your immunization
- Share your health information with a caregiver or family member

Is my 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.

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

<http://phr.ihs.gov>