

# Personal Health Record

Your Medical History  
at Your Fingertips



Can you honestly remember the last time you had a tetanus shot? Have you relocated, visited multiple doctors or hospitals, or had prescriptions filled at multiple pharmacies? Keeping track of your health information is not easy. As a CIGNA customer, **you have access to a Personal Health Record (PHR)** where you can store and monitor this information and more. And you can access your PHR securely 24 hours a day, 7 days a week from any internet connection at no charge. Your PHR is provided in partnership with WebMD®, a leader in the health information industry.

## What do I need to do?

Choose to have your CIGNA lab results and medical and pharmacy claims data automatically imported directly to your PHR. Get more out of your PHR and enter information about yourself that isn't available from claims like allergies, over-the-counter medications and more. And the next time you visit your doctor or hospital, you can electronically fax a copy of your PHR, or print it and take it with you.

## To have your lab results and medical and pharmacy claim data imported directly into your PHR:

- Log in to myCIGNA.com, a pop-up box will appear asking you if you want your lab and claim data sent to your PHR.
- Click on Store lab and claim data (up to 2 years of CIGNA claim information) in my WebMD Health Record.

## To access your PHR:

- Log in to myCIGNA.com
- Select the My Health tab
- From the Overview page, click on Personal Health Manager to the right of the screen
- Open your PHR by clicking on Personal Health Manager under My Records

**Lab and Claim Data Storage Agreement (WebMD Health Record)**

**Keeping track of your health is now easier than ever.**

Please review, make your selection, and click **Submit** to continue.

You can elect to automatically store your lab results and medical and pharmacy claim data in your WebMD® Health Record. If you previously made an election regarding your Health Record, new functionality requires us to ask you for your preference again.

- Claim data includes all CIGNA HealthCare medical and pharmacy claims, including procedures, conditions and medications.
- Lab data includes your results from **participating labs** for blood sugar, cholesterol (total/LDL/HDL), and triglycerides tests.

Set your preference below then click the **Submit** button.

**Store lab and claim data in my WebMD Health Record<sup>1</sup>**

Do not store lab and claim data in my WebMD Health Record

<sup>1</sup>We will send lab results or claim data received by CIGNA HealthCare for up to the past two years, as well as all applicable lab and claim data going forward. However, gaps in lab results due to election choices prior to April 2008 may not be reconciled in all cases.

With the WebMD Health Record, you can create a personal, secure and complete medical history enabling you to:

- access your information 24 hours a day, 7 days a week, from any computer, anywhere in the world.
- create an Emergency Health Record Card to have on hand in case of accident
- choose to share your record with your health providers via printed reports and/or electronic fax.

To access your Health Record, visit the My Health > Health Management Tools page.

**Still have questions?**  
 [Get the answers from our FAQ about the WebMD Health Record. \(PDF 3-4kb\)](#)

## What's in it for me?

An electronic PHR cannot catch on fire, wash away or become accidentally lost during a move. It provides you and your doctor with a more complete medical history than if you had to recreate it repeatedly from memory. Your PHR will allow you and your doctor to focus on using your medical information without having to be bothered with the task of collecting it all yourself. Your PHR can reveal duplication of care, gaps in preventive services and indicate the need for follow-up and education. It will also alert you of potential negative medication interactions. And when you cannot speak for yourself, it provides your doctor or hospital with vital medication information.

### Health Record Summary

Include/exclude HQ summary

**Health Record Summary for Sally Sunshine**  
Date of Birth: 01/01/1970  
Date of Report: 3/7/2008

**Important Information about this Health Record Summary.**

The information in this document reflects the information in this patient's WebMD Personal Health Record sponsored by Cigna Generic Member Site. The patient controls his/her own Personal Health Record. WebMD and Cigna Generic Member Site do not represent the accuracy or completeness of this information.

**Personal Information**

Gender: Female  
Blood Type: O Positive  
Phone:  
Address:

**Current Conditions**

**High Blood Pressure**  
Date First Diagnosed: 02-17-2006  
Provider or Facility: Dr. Plasma  
Date Assessed: U4-15-2006  
Information Source: Self-Reported

**Current Medications**

**Ibuprofen 600 mg Oral Tablet**  
Date Dispensed: 07-30-2007  
Information Source: Self-Reported



## Your Personal Health Record

- Keep your medical history in one central secure location.
- Access your information 24 hours a day, 7 days a week.
- Identify/avoid duplication of care.
- Set up appointment, test and prescription refill reminders.

Your PHR is yours to keep and share with those you want. And it's all available to you at no charge via your secure customer website – [myCIGNA.com](http://myCIGNA.com).

## Who will have access to my PHR?

You are in control of your PHR. Your doctors will have access to your records only when you give it to them. And you can also share copies of this information with family members or others that may assist with your care. CIGNA rigorously applies Health Insurance Portability and Accountability Act (HIPAA) procedures and other legal requirements to help protect your privacy.

**Log in to myCIGNA, and start your own Personal Health Record today.**



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