

Consumer Electronic Health Record (CEHR)



**HELPING CONSUMERS TAKE CONTROL OF
THEIR HEALTH CARE.**

Why encourage consumers to use the CEHR?



- It promotes engagement in health care, which has been shown to increase positive outcomes.
- Engaged consumers are likely to take more responsibility for their care.
- Allows consumers to access test results, medication/prescription information, and appointment information, therefore freeing up clinician/nurse/front desk time for other duties.

How to get started?



- Front desk will generate a welcome letter with instructions to go to mycehr.com, a Case Number, and a PIN.
- After this first log in, consumer will immediately be prompted to change the Case Number to a user name, and to select a password.

Visit mycehr.com



**CEHR**

COMMUNITY ELECTRONIC HEALTH RECORDS

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 [help](#)

Not a Member Yet?

Create an account and get started!

Welcome!

Welcome to the Community Electronic Health Records ('CEHR') website.

CEHR is a way you can see your personal health information, ask questions and get answers from your health provider, and see information about your appointments. It is private, secure and confidential.

****Do not use this system for emergencies. If you are having an emergency, call 911 right away.**

If you already have an account, log in below. Otherwise, [create an account](#) today!

Already have an account? Log in below:

User Name:

Password:

[Forgot your password?](#)

This site is best viewed and operated with version 8.0 or higher of Microsoft Internet Explorer

Wednesday, April 04, 2018 1:57 PM Eastern Time

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HOME PAGE



CEHR COMMUNITY ELECTRONIC HEALTH RECORDS
NorthCare PIHP

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My Home [Send a Message](#)

Welcome to your Community Electronic Health Records (CEHR). Below is a "menu" of items with your health information. The words next to the pictures are "links" to click on to see your information. If you need help understanding how to use CEHR, there is a "help" button above. Click on it and you may be able to get your questions answered. If not, ask the person in charge of your care.

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Some highlights include:

- Messaging with clinician
- Diagnosis information
- Medications
- Vitals
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- Continuity of Care

MESSAGING WITH CLINICIAN

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My Messages Send a Message

Below you will see a list of messages you have sent to your health provider. You will also see messages if you were sent a reply.

To send a message click 'Send a Message' at the upper right hand corner. To respond to a message, click 'Reply.'

03/15/2018 - Conversation with Stephanie Hicks (Case Manager)

[Reply](#)

Stephanie Hicks: I just received this on ELMER:
Received 03/15/2018 12:26 PM

You: Testing email. Please let me know what system this comes through on.
Thanks,
Jenni S.
Sent 03/15/2018 11:12 AM

Wednesday, April 04, 2018 2:00 PM Eastern Time [REDACTED]

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TIME-OUT IN: 29 Minutes, 53 Seconds

Send a Message

In the 'Send To' line below, you will see a name. If this is the person you wish to message, type your message in the box below and click 'Send.' If you would like to send a message to someone else, click on the arrow and then select the name of the person you wish to message. Type your message and click the 'Send' button.

Warning: Do not use CEHR to contact your provider in an emergency. If this is an emergency, contact your provider directly by phone or call 911. CEHR should only be used to communicate non-urgent and non-critical questions to your care provider, such as information about your medications or test results or follow up questions from a recent visit.

Please contact your case manager by phone if you have not received a response after several days.

My Message

Send To: Stephanie Hicks (Case Manager) ▼

Send

Cancel

DIAGNOSIS INFORMATION



The screenshot displays the CEHR (Community Electronic Health Records) interface. At the top, the logo "CEHR" is visible next to the text "COMMUNITY ELECTRONIC HEALTH RECORDS" and "NorthCare PIHP". A navigation bar includes links for "help", "home", and "logout", along with a "Skip to Content" link. The left sidebar contains a menu with categories: "My Home", "My Personal Information" (including Contact Information, Emergency Contacts, and My Messages), "My Health Record" (including Allergies, Diagnosis, Medications, Vitals, and Lab Test Results), "My Appointments", "My Documents", "Continuity of Care", "Resources", "Assistance Programs", and "My Account" (including Change Account Info, Change Password, Health Facilities, and Access History). The main content area is titled "Diagnosis" with a "Send a Message" link. It states, "Your current diagnosis information is listed below:" and displays two entries: "Diagnosis Code: F4310" for "Posttraumatic stress disorder" and "Diagnosis Code: F901" for "Attention-deficit/hyperactivity disorder; Predominantly hyperactive/impulsive presentation". The footer shows the date and time "Wednesday, April 04, 2018 2:01 PM Eastern Time", a "Privacy and Terms of Use" link, and copyright information: "Application Frameworks Copyright © 1999, 2018 PCE Systems Inc. All rights reserved." and "TIME-OUT IN: 29 Minutes, 56 Seconds".

Having access to this information may allow consumers to take a more active role in reaching their mental health goals.

MEDICATIONS



The screenshot displays the CEHR (Community Electronic Health Records) interface for NorthCare PIHP. The left sidebar contains navigation links: My Home, My Personal Information (Contact Information, Emergency Contacts, My Messages), My Health Record (Allergies, Diagnosis, Medications, Vitals, Lab Test Results), My Appointments, My Documents, Continuity of Care, Resources, Assistance Programs, and My Account (Change Account Info, Change Password, Health Facilities, Access History). The main content area shows a list of medications under the heading 'Your current medications'. The list includes Adderall - 5.00 (take one at Medication), Adderall XR - (Take 1 by m Medication), Seroquel - 50.0 (Take 1.5 by Medication), Adderall XR - (take in the a Medication), and Adderall - (takes at 11a Medication). A detailed view of Adderall is shown, including its brand name(s) (Adderall, Adderall XR, Mydayis), a warning that it is not for everyone, and instructions on how to use it (Long Acting Capsule, Tablet). The instructions include: Take your medicine as directed, your dose may need to be changed several times to find what works best for you; Extended-release capsule: Take the capsule in the morning right after you wake up, you may have trouble falling asleep at night if you take it in the afternoon or evening; Swallow the capsule whole. Do not crush, break, or chew it; If you cannot swallow the capsule, you may open it and sprinkle the contents over a spoonful of applesauce. Swallow the mixture right away without chewing; You may take the capsule with or without food, but make sure to take it the same way each time.

Wednesday, April 04, 2018 2:02 PM Eastern Time [redacted]
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TIME-OUT IN: 28 Minutes, 47 Seconds

Consumer has the ability to click on any of the medications listed for a thorough explanation of such.

VITALS



**CEHR**
COMMUNITY ELECTRONIC HEALTH RECORDS
NorthCare PIHP

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 **Vitals** [Send a Message](#)

Your recorded vital signs are listed below with the date and time they were taken:

Wednesday December 06, 2017 11:20 AM	Weight: 54 lbs 6 oz BMI: 14.99 Temperature: Respiration: 20 Blood Pressure (Sitting): 100 / 58 Smoking: Never smoker	Height: 4' 2.5" Waist Circ.: Pulse: 92 Pregnant: Blood Pressure (Standing):
Wednesday September 27, 2017	Weight: 55 lbs BMI: 14.87 Temperature: Respiration: 16 Blood Pressure (Sitting): 80 / 54 Smoking: Never smoker	Height: 4' 3.0" Waist Circ.: Pulse: 84 Pregnant: Blood Pressure (Standing):
Wednesday June 21, 2017 11:50 AM	Weight: 52 lbs 2 oz BMI: 13.35 Temperature: Respiration: 18 Blood Pressure (Sitting): 80 / 52 Smoking: Never smoker	Height: 4' 4.4" Waist Circ.: Pulse: 88 Pregnant: Blood Pressure (Standing):
Monday April 17, 2017 10:50 AM	Weight: 51 lbs 4 oz BMI: 14.41 Temperature: Respiration: 20	Height: 4' 2.0" Waist Circ.: Pulse: 80 Pregnant:

Allows consumers to have an overview of how this has changed, especially if weight gain, weight loss, or blood pressure are a concern.

CONTINUITY OF CARE

The screenshot shows the CEHR NorthCare PIHP website. The header includes the CEHR logo, the text 'COMMUNITY ELECTRONIC HEALTH RECORDS NorthCare PIHP', and links for 'Skip to Content', 'help', 'home', and 'logout'. A left sidebar contains navigation links: 'My Home', 'My Personal Information' (Contact Information, Emergency Contacts, My Messages), 'My Health Record' (Allergies, Diagnosis, Medications, Vitals, Lab Test Results), 'My Appointments', 'My Documents', 'Continuity of Care', 'Resources', 'Assistance Programs', and 'My Account' (Change Account Info, Change Password, Health Facilities, Access History). The main content area is titled 'Continuity of Care Document' with a 'Send a Message' link. It explains that a CCD is a file containing current personal and health information. It provides instructions on how to view, download (HTML or XML), or email the CCD. A 'Restrict CCD to Date Range' form is visible at the bottom of the main content area, with fields for 'From:', 'Thru:', and a 'Restrict CCD to Date Range' button. The footer shows the date 'Wednesday, April 04, 2018 2:05 PM Eastern Time', a 'Privacy and Terms of Use' link, and copyright information for PCE Systems Inc.

CEHR COMMUNITY ELECTRONIC HEALTH RECORDS
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Continuity of Care Document

[Send a Message](#)

A Continuity of Care Document (CCD) is a file which contains your current personal and health information. It can be given to your other health care providers.

To **View** your CCD, click the link below:
[View My Continuity of Care Document \(HTML\)](#)

To **Download** your CCD, click the link below:
[Download My Continuity of Care Document \(HTML\)](#)

To **Download** an "XML" version of your CCD, which has codes and is used by computers, click the link below:
[Download My Continuity of Care Document \(XML\)](#)

To **Email** a copy of your CCD to a different health care provider, click the link below and then provide an email address:
[Send CCD Via Email](#)

If you have a special Direct email* address, you may **Securely Email** a copy of your CCD to a different health care provider. Click the link below and then provide a Direct email address.
[Send CCD Via Secure Email](#)

*A Direct email address is a special secure email address given to you by your health care provider. When using a direct email address, your CCD will be sent securely and encrypted. Ask your health care provider if you are unsure about using Direct/secure email.

To **Restrict** the information included in your CCD to a specific date or date range, fill in the dates below and click the "Restrict CCD to Date Range" button. All of the options above will only contain information applicable to this date range.

From:

Thru:

Wednesday, April 04, 2018 2:05 PM Eastern Time [REDACTED]
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TIME-OUT IN: 29 Minutes, 50 Seconds

Consumers have the ability to create a document from this information to share with another Health Care Provider, potentially bridging a gap between us and their Primary Care Provider.

ASSISTANCE PROGRAMS

**CEHR**

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 **Assistance Programs** [Send a Message](#)

Below are websites that can give you additional information. Click on a link to learn more.

 **Social Security Administration**

The Social Security Administration's mission is to advance the economic security of the nation's people through compassionate and vigilant leadership in shaping and managing America's Social Security programs.

Wednesday, April 04, 2018 2:06 PM Eastern Time 

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