

IHS Personal Health Record (PHR)



Indian Health Service Personal Health Record

PHR Login/Registration

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.

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.

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.

[Register to use PHR](#)

PHR Login

* Indicates Required Field.

Username*

Password*

[Forgot Username or Password?](#)

PHR Maintenance

The PHR is updated on Thursdays between 10 pm and 11 pm Eastern Time (9pm-10pm CT, 8pm-9pm MT, 7pm-8pm PT). You may not be able to log into your PHR during this time. We apologize for any problem this may cause. Thank you for your patience. If you have questions, please contact your healthcare facility.

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Access PHR logon page as the patient or as another patient's Personal Representative

- Access the PHR Patient Web Portal at <https://phr.ihs.gov/phr/PHRLogin>
- Use your own login credentials to access PHR as a patient's Personal Representative
- If you are not yet registered in the PHR system, click on Register to use PHR and follow the instructions



Create Your Account

The screenshot shows a web form titled "Step 1: Create Your Account" with the following elements:

- Header:** Indian Health Service logo, "Indian Health Service", "Personal Health Record", and a pencil icon.
- Text:** "Step 1: Create Your Account" and "* Indicates Required Field."
- Form Fields:**
 - Username*:** A text input field labeled "User Name".
 - Password*:** A text input field labeled "Password".
 - Confirm Password*:** A text input field labeled "Confirm Password".
- Instructions:**
 - Your username must:**
 - be 6-100 characters long
 - contain letters, numbers, dots/periods (.), underscores (_), and hyphens (-) only
 - 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.
- Buttons:** "Next >>" (blue) and "Cancel" (purple).

- Registration is easy and any patient within the Indian Health System can create an account.
- As part of the registration process, patients must verify their identity at an Indian Health Service, tribal, or urban health care facility.



PHR My Health Records

My Health Records

At login, this page displays your most recent visits in the last 90 days, if any (maximum of five [5] visits).

Search Visits by Date Range

Select **Visits** and enter a **Start Date** and **End Date** to search the visits within a specific date range.

Note: Visit date ranges greater than 1 year, including All Visits, may take several minutes to complete or time out. For best results, please limit all searches to a 90 day maximum date range.

Home My Accounts Help Sign Out

Visits: Start Date: End Date: Search Visits

Last 5 (in Date Range) 04/21/2022 07/20/2022

Outpatient Visits

Facility Name (click link below to view health information)	Visit Date	Last Updated	Download XML	Download PDF
2019 Demo Hospital (inst)	07/12/2022	07/12/2022 08:13:30		

- **My Health Records** is the homepage for all patients registered in PHR
- Displays the most recent visits in the last 90 days (up to 5 visits)



PHR My Accounts

Home My Accounts Help Sign Out

Indian Health Service Personal Health Record

My Accounts

My Personal Health Record (PHR)

Click My Account to view your personal health information.

[My Account](#)

PHR Accounts I Can View

You have been granted access to view the following account(s). Click on a name to view that person's health information.

[jclarkson](#)

Manage Access to My Personal Health Record

To add, change, or remove an individual's access to view your personal health information, click Add/Update Account Access.

[Add/Update Account Access](#)

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My Accounts provides access to your health information or to another patient's if you are their authorized Personal Representative (example: elderly parents).



Document Download From Visit Record

My Health Records
At login, this page displays your most recent visits in the last 90 days, if any (maximum of five [5] visits).

Search Visits by Date Range
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Note: Visit date ranges greater than 1 year, including All Visits, may take several minutes to complete or time out. For best results, please limit all searches to a 90 day maximum date range.

Visits: Last 5 (in Date Range) | **Start Date:** 04/21/2022 | **End Date:** 07/20/2022 | Search Visits

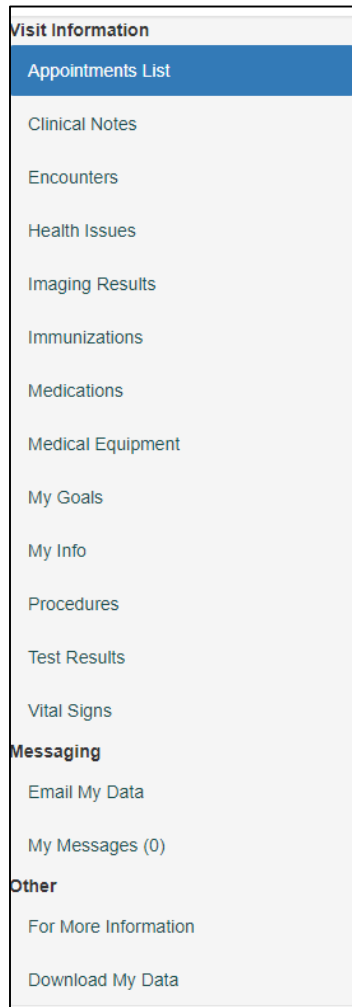
Outpatient Visits

Facility Name (click link below to view health information)	Visit Date	Last Updated	Download XML	Download PDF
2019 Demo Hospital (inst)	07/12/2022	07/12/2022 08:13:30		

Download and save your Continuity of Care Document from the visit record.



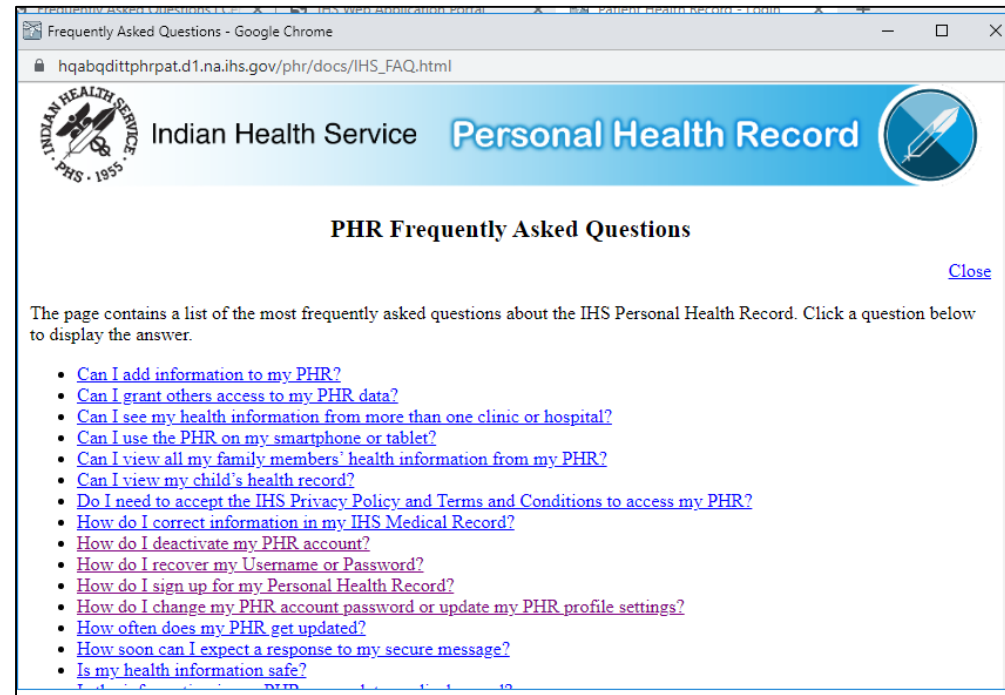
PHR Visit Information



- View new health information through the Visit Information menu
- Details of medical visits
- Access to Clinical Notes and Laboratory Test Results
- Medication information and prescription refills
- Hospital admission and discharge information for Inpatient visits
- Private and secure email connection to your health care team
- Download and save your health record



PHR FAQ Page



For more information, visit the PHR site at <https://phr.ihs.gov/phr/PHRLogin> and read the FAQs.