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Take Lifelong PHR Along With You

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Recently, I read the account of a couple who was robbed while traveling in a foreign country. Along with their money, they lost every means of identification that they had. What saved them from a nightmare of establishing their identity was foresight. They had scanned their passports and sent the images to one of those free on-line webmail services. It was easy to borrow a computer and print out a copy and get on with their lives.

It is hard to say if the couple had saved anything else, but it would be a good idea to also save copies of Lifelong Personal Health Records. The webmail solution can be an important backup, but storing PDF Emergency Cards and Summary Reports on flash drives and Smartphones could provide a quicker alternative for accessing medical histories. Speed can improve outcomes in times of a personal health emergency by jumpstarting treatment.

Mobility's Downside

Twenty-five years ago, I began a quest to find the perfect mobility solution. Back then my objective was a laptop computer that would replace my office machine. Despite tremendous progress, the bar has kept rising. Now the laptop has almost gotten to where I wanted it to be and is adequate for many applications. However, for many of us, the Smartphone has become the new nirvana.

Smartphones are a perfect addition to any toolbox. They are the new multi-bladed knife and a "must-have." Yet, just like the PDA (Personal Digital Assistant), even the latest and greatest Smartphone lacks the input capabilities of the full-sized keyboard and the output of a large screen monitor. Although perfect for locating and reading information, they are not conducive to loading and maintaining a data-intensive application without added enhancements.

Include Lifelong PHR in Contingency Plans

There have been many natural disasters where homes, hospitals and doctor's offices have been totally destroyed. Along with them, people's medical records have also been lost. Having a Lifelong PHR, carrying a copy at all times and backing it up remotely are important habits to acquire. Doing this should be part of emergency preparedness efforts.

We would appreciate your suggestions to make this newsletter better and more useful.
