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New Lifelong PHR Blog

It can be helpful to have a place to share and discuss things. That is the intent of our new Lifelong PHR Blog. It can be found from the BLOG button on the LPHR website or from www.LifelongPHR.com/blog.

Wellness Program Applications

Wellness Programs are helping many employers and their extended employee families to live longer, healthier and more productive lives. No one said recordkeeping would be easy. However, having help and a place to share ideas and questions can be very helpful. Mentoring and team-building are good ways to share experiences and make things a little easier. There are a lot of things to think about. No one has all the answers. Wellness Programs are a great place to collaborate on Personal Health Records and the better ways to create and use them.

Learn from Canada

Sixty years ago, my grandfather was a country doctor who took care of most healthcare needs of his patients. Little by little as medicine has improved, specialists have assumed more roles and responsibilities along with the greater number of medicines, tests, and other services that medical science has added. This has brought greater needs for communications among providers who are scattered all over. At the same time, patients have found new ways to help themselves. As costs keep rising, doctors cannot afford to spend their valuable time on administrative tasks. More and more responsible patients are finding that they must assume greater roles and responsibilities for coordination as they inform providers about things that are important to sound decisions. As the U.S. healthcare systems become more like ones in Canada, a lot can be learned from those who have gone before us. Let's prepare together.

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

Put Your Lifelong PHR on your smartphone

The two Lifelong PHR reports (Emergency Information Card and Medical Summary Report) are perfect to store on smartphones, flash drives and other portable media. Smartphones are especially good since the information can be viewed directly on the device. Adobe Reader and other PDF products are available to view reports in PDF format that are easily saved on SD cards and internal smartphone memories.