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## Happy New Year 2012

May you and your loved ones be happy, healthy and prosperous throughout the coming year. As we leave 2011, we look forward to continue sharing insight and ideas that we believe will help you. The topics that we cover here introduce subjects that will be covered in greater detail in whitepapers and in our blog. Please do not hesitate to let us know what is on your mind and suggest topics for us to study and report back to you. We need to hear, too, how we are doing.

## Health, Management and Recordkeeping Perspectives

A few years ago, I saw reports about people who needed health information to receive emergency treatment. I decided that I should have records for myself and my family. Since then, I found that recordkeeping can be difficult to justify for an emergency that is unlikely to happen. I needed to find other reasons to keep health records, and to make recordkeeping as simple and convenient as possible.

Persistence paid off as I found compelling reasons to add to my health record. Besides over \$1.2 Trillion in waste, more than 500,000 lives are lost each year, and many others are disabled because of medical complications. Often information is not known by medical providers that could have helped them to make better, more informed decisions. I believe that my Personal Health Record helps to keep me from becoming a statistic by promoting good communications with my providers and helps me to manage my diet, exercise and general care. FOR THE COMPLETE ARTICLE GO TO: <http://www.lifelongphr.com/blog/?p=68>

## Desperate Times Require Desperate Measures

\$1,199.99 will buy a Philips HeartStart Home Defibrillator from Costco.com. A few weeks ago, two teachers with no prior instruction saved the life of an eight-year-old girl whose heart had stopped beating. More and more defibrillators are appearing in airplanes and public places. Manufacturers are developing other products that will enable people to help themselves and each other. Watch for them.

## Download lists from pharmacies and insurance cos.

The New Year is a perfect time to download lists to supplement your LIFELONG Personal Health Record. More and more healthcare providers enable customers/patients to access information about their transactions via websites. If you have not registered with them, you are missing opportunities to save recordkeeping time and effort. They may also provide access to information that you might otherwise not save.

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

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