

Health Information

Q: Why should I become involved in managing my own health information?

Managing your own health information:

- Helps you to become more engaged in your own healthcare
- Promotes healthier habits, as those who track their diet or exercise will tell you
- Allows you to better communicate your medical history when needed and supports more effective visits with your Doctor and other members of your healthcare team
- As a MedicAlert member you have already taken a crucial step in this direction by creating your MedicAlert member record

Q: What does health information include?

- Anything to do with your health, including: results of physical examinations, lab tests, medications, immunizations, medical devices, results of self-monitoring and treatment plans
- Also includes exercise and diet information, family health history and any special directives such as the desire to be an organ donor

Q: What is involved in managing one's own health information?

- Keeping track of health information in either paper or electronic form in a manner which is useful
- Your MedicAlert profile captures any health information you would want communicated in an emergency
- Keeping logs of reactions if you have sensitivity to certain types of food or noting your family health history is invaluable when forming a relationship with a new Doctor

My MedicAlert Record

Q: What information is contained within my MedicAlert medical profile?

- Your MedicAlert record includes the most critical elements of your health history that need to be known in an emergency
- It does not include health information which is not immediately relevant in an urgent situation (e.g., a minor skin rash)
- Your MedicAlert profile should also include notation of any personal directives (e.g., desire to be an organ donor) which are important to you

Q: How do I keep my health information accurate and complete?

- This requires a small but consistent investment of your time after you have established your initial profile
- Be sure to make changes and update information as needed to ensure your health information file is up-to-date and accurate

Q: When should I get help in managing my MedicAlert health information?

- Many members feel comfortable in making minor changes or additions to their MedicAlert profile through *My MedicAlert* online
- You can also call to speak with a highly-trained medical profile specialist who can help you through the updating process

Q: What is the role of a MedicAlert medical profile specialist?

- Our medical profile specialists review the health information that you provide and:
 1. Distill it – i.e., determine what information is most critical in an emergency
 2. Apply consistent medical terminology which is familiar to emergency responders
 3. Prioritize the information – i.e., what information should be engraved versus what can be kept on file
 4. Help ensure accuracy and completeness by questioning unusual or contradictory information

Q: What is the role of my GP in managing my MedicAlert information?

- We encourage you to regularly review your MedicAlert profile with your Doctor to ensure accuracy, completeness and consistency with their records
- You can download your complete profile from MedicAlert.ca/MyMedicAlert for easy sharing

Q: How often does my MedicAlert ID need to change?

- Sometimes minor changes to your health information can be accommodated on your existing MedicAlert ident but more significant changes may require a new ident. It's best to review changes to your health information with one of our medical specialists to be sure
- After repeated wear, the engraving on your ident will eventually become illegible and the ident will need to be replaced
- Your personal tastes may also change over time. If you no longer like the look of your ident and don't wear it regularly as a result, it's time to choose a new ident.

Q: When is it okay not to wear your MedicAlert ID?

- It's never okay not to wear your MedicAlert ident (unless you are receiving care and the ident must be removed)
- In certain settings such as an employee working in industrial operations or a player engaged in sports activities, the wearing of jewellery is restricted or prohibited. Call us for specific advice and solutions for these situations.

Q: Can I ask others to manage my MedicAlert Health information?

- You may give permission to others to update and change your MedicAlert profile information on your behalf. Call us and we will make a notation on your file.