



Learn more

Visit our website at www.SharedCarePlan.org. See a sample Shared Care Plan, get answers to Frequently Asked Questions, and print paper copies.

Register Now!

Register online or request a paper registration form at www.SharedCarePlan.org. Registration takes just a few minutes. You will be able to use your Shared Care Plan after your identity is verified and you receive information about logging in for the first time.

Need Help?

Assistance is readily available by phone, email, and some drop-in sessions. Call us for more information at **(360) 671-6800 option 2** or toll-free at **(888) 503-6843**.

Your Privacy is Assured

The Shared Care Plan uses the latest Internet security and best practices to comply with federal and state laws and regulations that protect patient privacy and the confidentiality of patient information. You can securely share your information with whom and when you decide.

Available 24/7, Worldwide

The Shared Care Plan is portable and printable:

- Take it with you when you change insurance or health care professionals; you maintain access to the information you've stored.
- Carry a wallet summary for emergencies.
- Travel with a copy of your Shared Care Plan or access it on the Internet.
- Your conversations during appointments with health care professionals can be improved by bringing a copy with you.



Shared Care Plan

P.O. Box 5365, Bellingham, WA 98227
(360) 671-6800 option 2 · (888) 503-6843
www.SharedCarePlan.org

The Shared Care Plan is continually refined with patients' guidance. It was developed as a part of the Whatcom County Pursuing Perfection Program, a non-profit initiative to improve the safety, efficiency and effectiveness of health care across organizational boundaries.



A Pilot Project funded by the Washington State Health Care Authority



Shared Care Plan

Health Record
A Washington Health
Record Bank

Manage.

Communicate.



Relax.



Relax.

Your family health record
is along for the ride.
Your information is
safe and secure.



What is the Shared Care Plan?

The Shared Care Plan is a free, online health record that makes it easy to organize, store, and share your health information. Your Shared Care Plan can be reached securely from any computer with internet access.

Who can get a Shared Care Plan?

Our primary service area is northwest Washington State but wherever you are and wherever your family is, the Shared Care Plan is available.

What if I need help?

If you don't own a computer or you need help, assistance is readily available by phone at **(360) 671-6800 option 2** or **(888) 503-6843**. Drop-in computer sessions are also available; call for more information. You can email your support questions to help@sharedcareplan.org.

Endorsed by **Whatcom MedicOne,
Fire Chiefs & Commissioners,
& EMS Council**



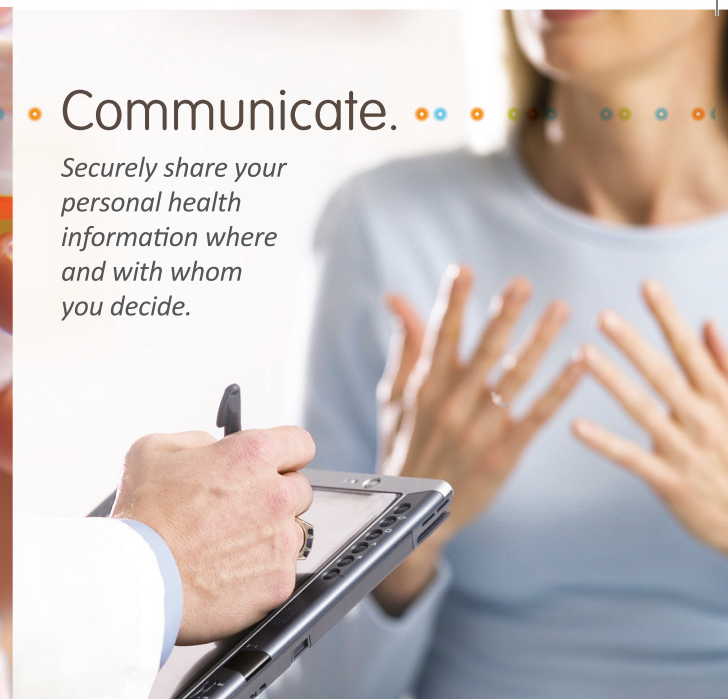
Manage.

Conveniently track medications,
interactions, conditions,
and health indicators
online. Import other
health information.



Communicate.

Securely share your
personal health
information where
and with whom
you decide.



Organize Health Information

The Shared Care Plan can help you see the whole picture and make better-informed decisions about your health. You can organize, understand, and share a wide variety of health information:

- Emergency contacts
- Medications, both past and present
- Allergies, reactions, and drug interactions
- Conditions and health concerns
- Essentials about you
- Immunizations
- Hospitalizations, surgeries, and procedures
- Health indicators such as blood pressure, cholesterol and blood sugar levels
- Important documents, such as Advance Directives, Power of Attorney, or reports from specialists

Do More with Your Information

- Track appointment times and questions for your health care professionals.
- Set health or life goals and use your health information to see if you're meeting your goals or achieving the health outcomes you want.
- Learn more about your health by using the built-in health information resource.

Communicate for Improved Health

Evidence shows that individuals who are active in their health choices have better health outcomes. The Shared Care Plan is a tool for improved communication. You can use it to collect, organize, and share with others the information that you know is important.

Critical Information Available In An Emergency

The Shared Care Plan stores key health information that medical personnel need in an emergency. Once you've entered your information, you can print out a wallet size summary that folds to the size of a credit card and you can carry with you wherever you go. This means that your critical health information can be available to your loved ones and health care professionals, easing communication in case of an emergency.

Multiple print options
include a wallet size
version which allows
you to carry all your
important health-related
information with you.

