



Personal Health Record

Ames MyFile PHR is a web base online personal health record which allows users to create, store, view and manage personal health information in one secure central location. Users can print out a report for medical office visits or emergencies or access information at any time online. PHR functions include:

- Medication record, including Rx and OTC therapies. Members have the option to view prescription claims data loaded from a pharmacy benefits management company and report medication usage.
- Medical history, including family history, conditions, treatments, allergies, and immunizations.
- Test and measurement results for standard laboratory tests and other biometric readings. When available, data will be loaded directly from the laboratory. Users also have the option to self-report test and measurement data.
- Provider, pharmacy, hospital, insurance, and emergency contact information.
- Printer-friendly health record reports for both the user and their doctor.
- Ability to import data from shared medical information sources such as primary care physicians, hospitals, clinics, etc.

.....“Now I can get to all of my personal health records, anytime, any place from one easy to use and secure system.....”



The mission of Ames MyFile Systems is to provide a personal health platform for individuals and families that will become their life long hub for health and wellness. In order to take responsibility for one’s health, individuals need the right tools and resources to understand their health issues, become more engaged in decisions they face, and improve their communications with clinicians. Ames MyFile Systems provides these tools and resources.

The Ames MyFile PHR can include any information that may affect your health, including information that your doctor may not have, such as your exercise routines, dietary habits, or food supplements. The MyFile Personal Health Record is one part of the total personal health management solution set that Ames offers.