

Appendix 2: Screen Shots of Iowa PHR

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**iowaPHR**  
Personal Health Record

March 15, 2011

Username:

Password:

[Forgot password or username?](#)

## Welcome Back

### Did you know:

#### **A comprehensive medication review should be done at least once each year.**

A person's need for medications changes over time. A yearly review of your medication list by a healthcare provider can stop unneeded medications and find out if new medications are needed. It can make sure the doses you take and the times you take them are still right for you.

### What can you do?

- Use IowaPHR to print your current medication list and ask your pharmacist or doctor to review your medications.
- Ask your pharmacist or doctor to review your list at least once per year.
- Ask if there are medications that can be removed or changed.
- Ask if some medications should be added.

Please click play to view the tutorial video below.

#### With the IowaPHR you can:

- Keep an up-to-date list of all your [medications](#).
  - Record what each medication is supposed to do.
  - Get important warnings about the medications you are taking.
- [Print reports](#) to share with your healthcare providers, including:
  - A list of your current medications
  - Warnings for medications you are taking
  - A wallet-sized card
- Track your [health](#), [allergies](#) and [health conditions](#).



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[view or print your current medication list](#)

### Instructions

As you begin to type a medication name, our system will recommend product names to help you with spelling. When you see the one you want, click on it to enter it in the field. It is possible that not every product is in our system. In that case, just keep typing, being careful to spell it as accurately as possible. You may see a safety warning about a medicine. Safety warnings are based on expert recommendations, however please note that using IowaPHR should not in any way replace advice given by your doctor, pharmacist, or any other medical professional. Also, different medications sometimes have very similar names, and a warning could be generated in error if a typing mistake is made.

[\[More Information\]](#)

#### MY CURRENT MEDICATION LIST

Name of **Medication** or product

Example: Tylenol

What **Strength** do you take?

Example: 325mg

How do you take it?

Example: 2 Tablets Every 8 Hours As Needed

Why do you take it?

Example: Arthritis

adv

Add Medication

advair...  
advance...  
advanced am/pm  
advanced formula di-gel  
advate rahf-pfm  
advicor  
**advil...**  
advil cold and sinus liqui-gel  
advil multi-symptom cold

One a day with a full glass  
of water

high blood pressure

[Edit](#) [Delete](#)

Move to Previous Medication List

tablet every 6 hours

sprained ankle

[Edit](#) [Delete](#)

Move to Previous Medication List

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### Latest safety updates about your medications:

▶ **warfarin - Reduce your risk of serious bleeding side effects**

▼ **enalapril - Reduce your risk of kidney and heart side effects**

**This product contains enalapril. It can cause low kidney function and high potassium. High potassium can cause heart problems.**

- Talk to your doctor about getting a blood test to detect low kidney function and high potassium.

[More about getting a blood test](#)

▶ **Advil - Do you have risk factors for serious stomach bleeding?**

Please note that using IowaPHR should not in any way replace advice given by a doctor, pharmacist, or any other medical professional. Please talk to your doctor or pharmacist before starting, stopping, or changing how you take any medication. Different medications sometimes have very similar names, and a warning could be generated in error. To verify that your medication contains the drug listed in a warning, check the label or ask your pharmacist.

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### My Blood Pressure [print your blood pressure records](#)

Your changes have been saved.

Date of test	Time of test	Systolic over Diastolic	Pulse	
<input type="text" value="03/15/2011"/> <input type="button" value="Calendar"/>	<input type="text"/> : <input type="text"/> am ▾	<input type="text"/> over <input type="text"/>	<input type="text"/>	<input type="button" value="Add Record"/>
Feb 2, 2011	10:30 AM	145 over 87	66	<a href="#">Edit</a> <a href="#">Delete</a>

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