**Paper to pixels**

**Understanding the language of digital health**

**Visualizing an ideal system of digital health**

- **PHR**: Personal health record
- **EMR**: Electronic medical record
- **EHR**: Electronic health record

**Easy and empowering for a proactive and engaged patient**

**What is it?** An electronic version of a patient’s medical record that stores healthcare information from every point of care (including doctors’ offices, hospitals, lab results, test results, and more).

**Who has access?** The patient or person authorized to access it.

**Real-time access to patient info for a more effective care team**

**What is it?** An electronic version of a patient’s medical record that stores healthcare information from every point of care (including doctors’ offices, hospitals, lab results, test results, and more).

**Who has access?** Healthcare providers, pharmacies, and hospitals.

**Better data and richer research to improve care for everyone**

**What is it?** A secure platform that integrates data from various sources and allows for data analysis to support evidence-based research.

**Who has access?** Kaiser Permanente for research purposes.

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**How does your provider measure up?**

- **Can your employer schedule appointments, view lab results, and email their doctors, whenever they want?**
  - Yes
  - Partially
  - No

- **Can your employees’ health records truly be portable?**
  - Paper records and electronic records can be combined into one accessible platform.
  - Electronic records can be combined across all settings.
  - Electronic records cannot be combined.

- **Does your provider deliver robust reporting on the health of your employees?**
  - Comprehensive, detailed reporting on the overall health and well-being of your workforce.
  - Partial reporting on specific health indicators.
  - Basic health metrics.

- **Does your health provider conduct its own research — and would you like to know what research that is?**
  - Yes
  - No

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**Charting the evolution of medical records.**

**1920**

The Mayo Clinic issues the first-ever paper medical record.

**1930**

The US Army develops some of the first electronic medical records.

**1940**

The world’s first electronic medical record is developed at Dartmouth.

**1960**

Computerization of paper medical records begins.

**1967**

Kaiser Permanente develops the world’s first electronic medical record.

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**2004**

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**2010**

The US government and Kaiser Permanente deploy KP HealthConnect, now the world’s largest civilian electronic health record system.

**2013**

Kaiser Permanente launches its first EHR for personal health records.

**2014**

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**Increased adoption of health information technology means better care for more people.**

Just reading over the résumé of the language of digital health can be daunting. After all, there are personal health record (PHR), electronic medical record (EMR), and electronic health record (EHR) sound similar, they aren’t interchangeable. And not all electronic records are created equal (although nearly 70 percent of U.S. doctors report using some sort of EHR, only about a quarter of those use a sophisticated, interoperable system). Hence, an overview of how an ideal health IT system can empower patients, improve care delivery, and transform data into better health research. Does your system look like this?**

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