

InStep Foot Clinic now offers access to personal medical records through the free online *HealthVault* service.

What is HealthVault?

HealthVault is a free online service that stores your personal health records in a central location, then lets you use the information with online health tools to manage health conditions, create fitness plans, prepare for doctor visits, and more.

Store everything in one place

- Keep health records for every member of your family- even pets.
- See conditions, medications, and scanned copies of medical documents at a glance.
- Access your personal records from any internet connection- great for travel or emergencies.

Enter health information in many ways

- Connect health and fitness devices with HealthVault to easily get information into your record.
- Store immunizations, medications, family history and more.
- Use online health tools to help add your medical information.

View and analyze health info with online health tools

- Enter information once in HealthVault, then use it with a growing list of online health tools.
- Take charge of your health by setting goals and tracking your progress.
- Get guidance for conditions like hypertension, diabetes, high cholesterol, and heart disease.

Keep others in the know

- Use Sharing to keep family and caregivers up-to-date on your health.
- Control your information: You decide what to share and who to share it with, and can remove sharing privileges at any time.
- Share with your provider by printing out your latest health information prior to your next visit.

If you are interested in this offer for access to your medical records please call our office at 952-926-3566.

***Must have e-mail address to access HealthVault!**