Critical Docs: Getting Your Medical Records – Kaiser

FEMA (and others) recommends that you have evidence of the following information regarding MEDICAL documents. At the bottom of the document is a handy list of ways to SAVE documents and PDFs and what to save them on.

You need evidence of: (as they are listed, they'll be in purple). Some items were not kept on the Kaiser Website. Those would have to be typed up by you or downloaded from a different site (VA, for instance).

- ✓ **Medical Insurance**
- ✓ **Medicare**
- ✓ **Medicaid**
-   **VA Health Benefits – from a different source**
-   **Dental Insurance – from a different source**
- ✓ **Medications and Prescriptions**
- ✓ **Immunizations**
- ✓ **Allergies**
- ✓ **Medical Equipment and Devices**
- ✓ **Pharmacy Information**
-   **Dietary Restrictions – from a different source**
- ✓ **Medical/Surgical treatments**
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- ✓ **Living Will/ Medical Power of Attorney**
-   **Caregiver agency contract or service agreement – from a different source**
- ✓ **Disabilities documentation**
- ✓ **Contact Information for doctors/specialists,**
-       **dentists, - from a different source**
-   ✓ **pediatricians,**
-       **veterinarians – from a different source**

This turns out to be remarkably easy if you've bothered to get and use your Kaiser Account online. The colors follow the website or the above list. Purple is for the list above. Blue, Black and Orange type are from the Kaiser site. The highlighted green corresponds to a green button on the Kaiser site.

Let's Get Started!!
Sit down with this and follow along!

The first and best document I found was something called "**My Health Summary**."- My medical record. It comes in a downloadable file (Download my health summary) and has in it a detailed list of:

Patient name and information

Allergies – to medications.

Current Medications – exhaustive. Even if I don't use them or only used them once, they're on the list.

Active Problems – Everything your doctor has discussed with you or has discovered in the process of knowing you.

Results – of every test ever performed!

Document Information – your primary care physician and the name of the organization – in this case Kaiser Permanente

So – this document takes care of – from the list above – **Medications and Prescriptions** (*Current Medications*), **Allergies** (*Allergies*), **Medical/Surgical treatments** (*Active Problems and Results*), **Contact Information for doctors/specialists,** - (*Document Information –* Primary Care only)

Next, I needed to show immunizations. Now, if I'd had any (I'm new to Kaiser), it might have shown up on the "My Health Summary" document. Not seeing it, I found it as a button in the Medical Record Section – **My medical record**. I clicked on **Immunizations** and there it was! There was a Print button above the list. This takes care of Immunizations on the list.

I also get my eyewear from Kaiser. In the same column (**My medical record**) along with the above was a link to Eyewear Prescriptions. Once there, there was a Print button. This falls under the **Prescriptions** and, perhaps, **Medical Equipment and Devices** though I'm pretty sure they want evidence of more sophisticated equipment under that.

I then went looking for a complete list of every doctor or P.A. or whoever I've ever seen. I got this in two ways.

The easiest way produces a large document. Under **My medical record** go to "**Past visit information**." Above the list is a small icon that's supposed to mean Print. It looks like this: only **much smaller** and harder to see. Up comes a document much larger than you actually see on the screen, because it shows ALL of your visits. This gives you a list of doctors for **Contact Information for doctors/specialists**. The contact information for the individual doctors and PA's is the same as that on **My Health Summary.**

The short list I got from "**My message center**" and **E-mail my doctor**. This is a bit tricky but here goes – Under **Create a message**, I clicked on **E-mail my doctor**. In the middle of the page where you're sent is another **E-mail by doctor** - this time it's underlined – click on it. Next, there's a green button that says Continue to 'email my doctor'. (The print is white – but when I do that on this document, you can't see it at all!!) It turns red when you start to click on it. It finally gets to the page where you can write the email and a **button** says: "Choose a recipient". A pop-up menu comes up. Scroll down to the bottom of the list so that you can see every doctor. Now comes the tricky part. You're going to do a Print Screen command so it will show up as a jpg on your desktop. (See the very bottom of this document on how to do that.)

If you've been at the hospital, there's a button for that, too. Under **My medical record** click on **Hospital stays &follow-up**. You can "Print" that off, too but remember to make it into a PDF and store it. This also fills in for **Medical/Surgical treatments.**

The next thing I wanted was evidence of my **Medical Insurance**. I found that under Coverage and Costs. I was able to download my Tax Documents – which showed what kind of coverage I had.

For **Dietary Restrictions** on the list above, I typed up a list and the approximate time in life when they occurred. (I'm no longer with the doctors who helped me figure them out.) I saved it as "Dietary Restrictions" to match the list above.

For **Contact Information for dentists, pediatricians, veterinarians,** I went to my phone contacts and wrote them out in the document I was working on.

Ways to make digital copies of something
1) **Take a picture on your phone**
2) **On Mac**, got to Print. On that screen – without clicking print there's a **Save as PDF button**.
3) **On PC**, go to **Save A**s in the File menu and save it as a **PDF** document.
4) If all you have is a hard copy of something, **Scan it on a scanner** and put on a Flash Drive.
5) Or get someone like **Staples or Office Depot to scan it for you** and put it on a Flash Drive.
6) Also, there are some **printers** at places like **Staples or Office Depot** that will allow you to **send** something to **yourself** via **email**. Once you get your email, print it (without really printing it) and save as a PDF. Or, just put the document on a flashdrive.
 7A) Automatic JPG. It shows up on your desktop or in your documents file or in your Finder. Sort by Date. You can see it on the screen, but you don't want to print it off because it will print "15 pages" you don't want. Do – Do a Print Screen.
7B) PRINT SCREEN – Depending on what you're looking at the information on
       Mac – command – shift – 3 -shows up on desktop
       PC – fn – prnt scrn – shows up in Documents file
       iPad – click the on Home button and Sleep/Wake button at the same
           time. – shows up in Pictures
       iPhone – click Power and Home buttons at the same time – ends up in Pictures
       BlackBerry – click Volume Up and Volume Down at the same time – in Pictures
       Nokia – click Volume Down and the Lock button at the same time – in Pictures
       Samsung – click on the Power button and the Home button at the same time – in Pictures
       Afterward – open and crop the part you want. Usually you select with a resizable box and hit the Crop button. BE SURE TO SAVE IT that way when you're done.
8) Download the CamScanner app and create a PDF file.

Ways to Save – ideally, you would use more than one of these. Redundancy is good.
       Flashdrive/Thumbdrive – very portable but not always stable
       The Cloud – stable until it's hacked or you don't pay
       Portable External Hard Drive/Hub - stable

CD – old school, pretty stable but not good in heat, plus hardly anyone will have the ability to see what's on it anymore.