Margaret R. Pardee Memorial Hospital
800 North Justice Street, Hendersonville, NC 28791
www.pardeehospital.org

PRESS RELEASE:
Jan. 11, 2010
On-Call Media Cell: (828) 674-2358

Pardee to offer seminar on how to create your own personal health record

(Hendersonville, N.C.) Jean Sitton, RN, BC, BSN, MHS, of Pardee Hospital's Case Management Department, will present "How to Create Your Own Personal Health Record" at the Pardee Health Education Center on Thursday, Jan. 21, from 1:30 until 3 p.m.

"A personal health record, or PHR, is typically a health record that is initiated and maintained by an individual. An ideal PHR provides a complete and accurate summary of the health and medical history of an individual by gathering data from many sources and making this information accessible at all times," according to Sitton.

"The presentation will examine several options for PHR's, including written and electronic choices, and provide attendees with the tools and knowledge they need to develop their own potentially life-saving personal health record," said Sitton.

Registration for this free presentation is required by calling 1-866-790-WELL (9355).

The Pardee Health Education Center is a unique community outreach program of the hospital that provides an array of services from health fairs and screenings to seminars and support groups. Last year, the center provided more than 10,000 free and low-cost screenings to community members.

Pardee Hospital is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in Henderson County. The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

# # #