

HEALTH HINT

Create a Secure & Confidential Personal iHealth Record

It's easy! Just follow the directions below:

1. Sign up for MEDEM, our secure e-mail server! Enjoy the secure convenience of e-mail communications with Dr. Denitzio and his staff. Check it out at www.medem.com.
2. While you're visiting the MEDEM site, take a moment to read about the no-cost, secure and confidential interactive personal record of your medical history called iHealthRecord. Or go directly to this web address: <http://www.ihealthrecord.org/getStarted.html>
3. All patients are encouraged to get to know their family medical history. One fun way to learn about your family history is to construct a pedigree for the last three generations. There are a variety of web sites available to help you create a medical history family tree.

Get started with these sites:

US Surgeon General's family history initiative:

www.hhs.gov/familyhistory/download.html

www.nsgc.org

www.ama-assn.org/ama/pub/category/2380.html

