

Understanding the facts about Health Information Technology

Benefits of Health Information Technology

There are many benefits of using health information technology, including the following:

You get higher quality care

A network of **electronic health records**, run by a **health information organization**, will let your doctor or health care provider access your health history quickly, no matter where you get treated. This could be very important, especially if there is an emergency. **Electronic health records** also reduce paperwork and allow for easier, more secure transfer of your health information.

It will improve your safety

Having your health history available through an **electronic health record** will reduce mistakes made by your doctor.

You will save money on health care

Electronic health records will make it easier for staff at the doctor's office to keep track of your health history and billing information. This will ensure that you don't have the same medical tests twice. The doctor's office will also save money by doing less paperwork. As a result, experts believe health care costs will be lowered.

It will improve the health and wellness of all Arizonans

You will be actively involved in your health care when you keep a **personal health record**. You will have direct access to your record, where you can see test results, refill a prescription, check your medical history and even upload fitness levels from digital devices.

Your health information is easily available

Through an **electronic health record**, your doctor or health care provider will have access to your health history during a regular visit, an emergency or a disease outbreak. For example, if there is a flu outbreak, he or she can see right away if you have been immunized.

Health information exchange will allow critically important information - such as medications, lab results, and hospital discharge summaries - to be viewed by doctors or other health care providers treating you. This allows them to make better-informed decisions, and eliminates the valuable time wasted using couriers, telephone calls and faxes to gather your information. Every minute counts.

It will improve your safety, privacy, and security

Electronic health records provide information, such as alerts, that assist your doctor or other health care provider in making better decisions, thus reducing medical errors. He or she can also control access to your medical records to protect your privacy and secure your records.