

# Your electronic health record (EHR)

## The facts

### What is an electronic health record (EHR)?

Medical records used to be kept in paper files. Now most are kept as computer files. These digital medical charts are called **electronic health records**.

Your EHR may include things like:



Health issues



Medications



Treatments

Your EHR is created and updated by your health care provider. If you see many health care providers, you may have many EHRs.

### How will you keep my data safe?

We're committed to keeping your data safe. Here are some steps we're taking:

- ✓ We follow strict security standards.
- ✓ We use the best available tools.
- ✓ We store data on protected computers.
- ✓ We limit and track data access.
- ✓ We monitor and test our security systems.



To learn more about EHRs, visit [JoinAllOfUs.org](https://www.joinallofus.org).

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### Did you know?

**9 out of 10**

hospitals and doctors have stopped using paper records and now use EHRs.



### Why is my EHR important?

Your EHR shows your health history. It could help researchers make medical breakthroughs.



### Reasons to share your EHR with the All of Us Research Program

When your EHR is linked to other health information you share, it can help researchers spot patterns in what makes us sick or healthy, and why. These patterns can reveal important new medical insights. Sharing your EHR will not affect your access to health care or treatment.

**All of Us**  
RESEARCH PROGRAM

The Future of Health Begins With You