

Own your
care—and
well-being—
with goPHR.



Powered by the Department of Social Services, goPHR is a free personal health record (PHR) tool for consumers receiving community-based services. Independent of any insurance program, doctor office or mobile health app, goPHR makes it easy to manage your important health information whenever and wherever you need to.

Sign up today at phr.ct.gov

What is goPHR?

goPHR is a web-based, mobile-friendly PHR tool that you own. It automatically collects, organizes and stores your important health information in one secure place.



**goPHR
helps
you:**

- Improve communication with your health care providers
- Track your health records and lab results
- Empower your health care decisions

**Learn more by emailing
PHR.Helpdesk.DSS@ct.gov**

goPHR
Collect. Store. Access.
A Personal Health Record for all.