



## RUHS—Behavioral Health Electronic Health Records and You:

# Using Technology to Better Manage Your Health

### PROTECTING YOUR PRIVACY

RUHS takes seriously our obligation to ensure that your personal health information is held in the strictest of confidence, with security measures in place to protect your health information from unauthorized access.

## WHAT ARE ELECTRONIC HEALTH RECORDS?

Electronic health records (EHRs) are digital versions of paper medical records your behavioral health team (psychiatrists, therapists, peer supports, behavioral health specialists) use to guide the care they give you. Like paper records, EHRs include important data such as your care plan, medical history, list of allergies and medications, test results and more. Unlike paper records, your EHR is securely stored online.

At RUHS — Behavioral Health, we use the ELMR EHR system to securely record, track and store your behavioral health information. We believe this technology helps us provide you with the best and most complete care possible.

## BENEFITS OF YOUR EHR

- **IMPROVE THE QUALITY OF CARE.** With EHRs, your psychiatrist has the most complete and accurate information about your health at their fingertips. Therefore, they are better able to recommend the best plan of care for you.
- **ENHANCE CONSUMER SAFETY.** The technology used in EHRs can alert your care team to potential complications, such as an allergy to a certain medication. Also, a new medication may cause adverse reactions when coupled with your current medications.
- **COORDINATE CARE ACROSS YOUR BEHAVIORAL HEALTH TEAM.** Because your EHR stores your behavioral health information in one place, your psychiatrist can see if a test or procedure has already been ordered by another provider and review available results - saving you both time and money.
- **REDUCE PAPERWORK.** With EHRs, your health care team can securely send prescriptions electronically to your pharmacy and directly bill your insurance company.
- **MY HEALTH POINTE CHANGES THE WAY BEHAVIORAL HEALTH CARE IS DELIVERED TODAY.** With access to your health records stored securely online, you can see and download your lab results, current medications, and more.

Access MY HEALTH POINTE At  
[RCDMH.org/MyHP](https://RCDMH.org/MyHP)