

PHR should include:

- Personal identification, including name, sex, birth date, address & telephone numbers
- People to contact in case of emergency
- Names, addresses, and phone numbers of your physician, dentist, and specialists
- Health insurance information – subscriber info
 - Life, personal, auto, business policies
 - Inventory of personal property
 - Photos
 - Receipts
- Living wills, advance directives, or medical power of attorney
- Organ donor authorization
- A list and dates of medical conditions and surgical procedures
 - Medical records
 - X-ray results, procedure & surgery reports, H&P's, misc info from drs & hospitals
- Current medications and dosages
 - Pharmacy #
 - RX#
- Immunizations and their dates
- Allergies or sensitivities to drugs or materials, such as latex, seafood, nuts
- Important events, dates, and hereditary conditions in your family history
 - Emergency photo's
 - Family data
 - pets
- Results from a recent physical examination, including lab test results
 - tests results; eye and dental records
- Correspondence between you and your provider(s)
 - Opinions of specialists
- Any information you want to include about your health – such as your exercise regimen, any herbal medications you take and any counseling you may receive
- Blood type
- Authorization to use or disclose
- Lawyer info
- Passport, travel docs – mileage plans
- Marriage & Birth certificates
- Banking, credit card, stocks, bonds, portfolio's

Ideally I would like it to be capable of sending reminders; ie: expiration dates, premium notices etc.