

2. personalize your health records

What do you want the doctor to know about you?

Collect 5 things that you would like to be included in your medical record; they could be photos, drawings, thoughts, questions etc... Using tape, place what you would like to add to your record in the 5 provided spaces.

1

2

3

4

5

5 Hot tips on well-being // Map the road to your future // What did you feed yourself today? // Make your mix // MoJournal and Mood Meter // Map your social tree // **Where is my info?** // Word exercise //

Living Profiles

This probe was developed at Art Center College of Design as part of Project HealthDesign, a national program funded by the Robert Wood Johnson Foundation. Additional information is available at www.livingprofiles.net.

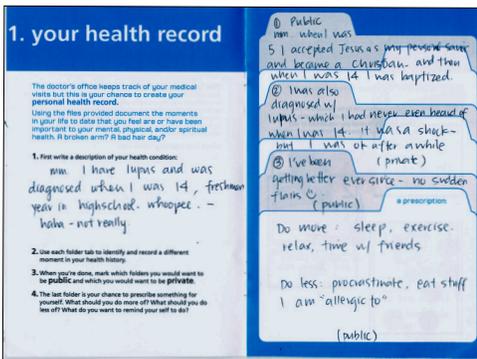
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Where is my info?

How to use probes

Where is my info?



OBJECTIVES

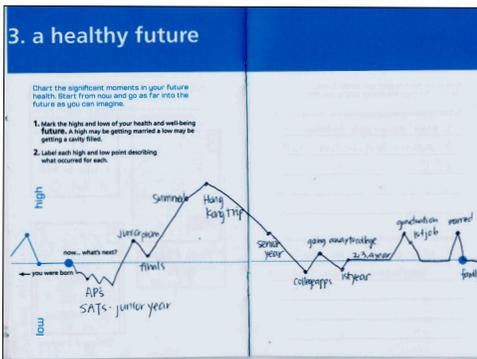
To see teen perceptions of how health information and records are recorded, stored and used (and by whom). To see how active health information is interfaced and transmitted. The logistic and emotional ramifications of such (i.e. the effects of receiving and giving health information).

INTERPRETATIONS

This booklet is meant to have a range of probes that each offers a unique insight into perceptions surrounding health records. Each of these exercises also uses a different strategy with which to collect these insights. That said, each will be processed first by direct analysis of the record contribution, grouping themes and identifying patterns. Following a process of design-based analysis curtailed to the unique qualities of each individual collection method.

For example, Textual contributions (activity 6) will be collected together and applied to a typographic scale as a strategy to highlight themes and patterns. Drawing-based contributions (activity 3) will be broken up and segmented by the metaphors, gestures or formal language used and reconstructed into composite forms.

The above examples are instigating points with which to begin analysis. As the analysis process moves forward and insights are revealed and directions emerge additional methods will be introduced.



“Almost universally, when asked what they wanted their health care provider to know about them, they responded the importance of their friends, social activities, and family. From this probe we learned that one of our patients surfed. Obviously his treatment for immune deficiency was allowing for a normal quality of life. This truly taught us that teens with chronic health conditions clearly desire for health care providers to know them, not their disorders.”

~ Doctors from Children's Hospital of Orange County

Where is my info?

How to make your own

How to make your own

REQUIRED MATERIALS

- Color printer that can print two sides
- White paper for printing
- Staples and Exacto knife for trimming booklet
- Cutting surface

STEP 1 Download [whereismyinfo.pdf](#)

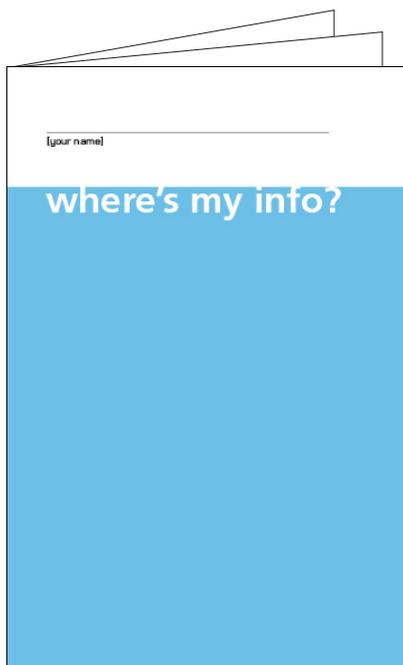
STEP 2 Print *page 1 side 1*. Then flip paper and print *page 1 side 2* on back

STEP 3 Repeat for remaining pages

STEP 4 Check that pages have been printed in the correct sequence.

STEP 5 Trim all pages to crop marks

STEP 6 Fold and staple pages together as shown



Size 5" x 5.75"



User instructions

TOOLS

- Pen

This booklet contains separate activities. Each activity poses a unique question that you'll be asked to answer in a different way. For example one activity may ask you to collect a series of objects, another may ask you to tell a story and yet another may ask you to simply write a list.

Take the necessary time you need to finish each exercise knowing that all must be completed prior to the collection date. Most importantly have fun.

1. YOUR HEALTH RECORD

The doctor's office keeps track of your medical visits but this is your chance to create your personal health record. Using the files provided document the moments in your life to date that you feel are or have been important to your mental, physical, and/or spiritual health. A broken arm? A bad hair day?

- First write a description of your health condition.
- Use each folder tab to identify a different moment in your health history?
- When your done mark which folders you would want to be public and which folders you would want to be private.
- The last folder is your chance to prescribe something for yourself. What should you do more of? What should you do less of? What do you want to remind your self to do?

2. PERSONALIZING YOUR HEALTH RECORDS

What do you want the doctor to know about you?

- Collect 5 things that you would like to be included in your medical record; they could be photos, drawings, thoughts, questions etc. using tape place what you would like to add to your record in each of the 5 provided spaces.

3. A HEALTHY FUTURE

Chart the significant moments in your future health. Start from now and go as far into the future as you can imagine.

- Mark the highs and lows of your health and well-being future. A high may be getting married a low may be getting a cavity filled.
- Label each high and low point describing what occurred for each.

4. WHAT DID YOU TAKE WITH YOU?

Remember back to your last doctor's visit, list 5 things the doctor said to you that:

- Were important to you.
- Answered questions you had going into your visit.
- Would be more important to your parents.
- You wish you could have talked more about.

Where is my info?

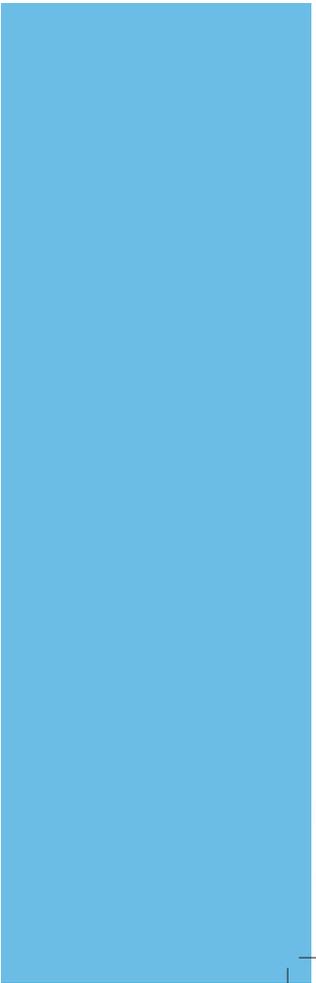
Kit of parts



[your name]

where's my info?





3. Would be more important to your parents:

4. You wish you could have talked more about:



[instructions]

where's my info?

4. what did you take with you?

Remember back to your last doctor's visit, list up to 5 things the doctor said to you that:

1. Were important to you:

2. Answered questions you had going into your visit:

This booklet contains four separate activities.

Each activity poses a unique question that you'll be asked to answer in a different way. For example, one activity may ask you to collect a series of objects, another may ask you to tell a story and yet another may ask you to simply write a list. Take the necessary time you need to finish each exercise knowing that all must be completed prior to the collection date.

Most importantly have fun.



1. your health record

The doctor's office keeps track of your medical visits but this is your chance to create your **personal health record**.

Using the files provided document the moments in your life to date that you feel are or have been important to your mental, physical, and/or spiritual health. A broken arm? A bad hair day?

1. First write a description of your health condition:

2. Use each folder tab to identify and record a different moment in your health history.

3. When you're done, mark which folders you would want to be **public** and which you would want to be **private**.

4. The last folder is your chance to prescribe something for yourself. What should you do more of? What should you do less of? What do you want to remind your self to do?





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1

A large, empty rectangular box with a blue border, intended for a student to place an item related to their first point.

2

A large, empty rectangular box with a blue border, intended for a student to place an item related to their second point.

3

A large, empty rectangular box with a blue border, intended for a student to place an item related to their third point.

4

A large, empty rectangular box with a blue border, intended for a student to place an item related to their fourth point.

5

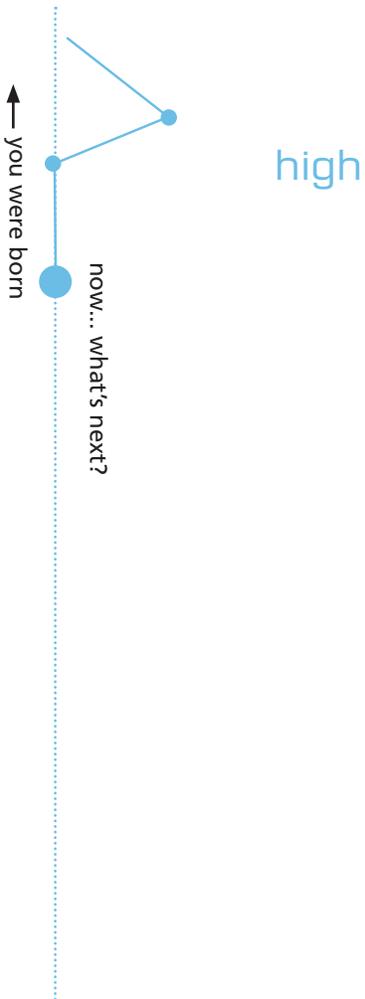
A large, empty rectangular box with a blue border, intended for a student to place an item related to their fifth point.



3. a healthy future

Chart the significant moments in your future health. Start from now and go as far into the future as you can imagine.

1. Mark the highs and lows of your health and well-being **future**. A high may be getting married a low may be getting a cavity filled.
2. Label each high and low point describing what occurred for each.



a prescription: