My Health Records

A convenient and secure way to manage your health information

Now you can see the full picture of your family's health — all in one secure place. Easily keep track of your individual and your family's health information with the My Health Records feature on our Sydney℠ Health app and at **anthem.com/cuhealthplan**.

Using a single login profile, you can view, download, and share your health information, including health history and electronic medical records from different doctors and hospitals, right from your smartphone or computer.
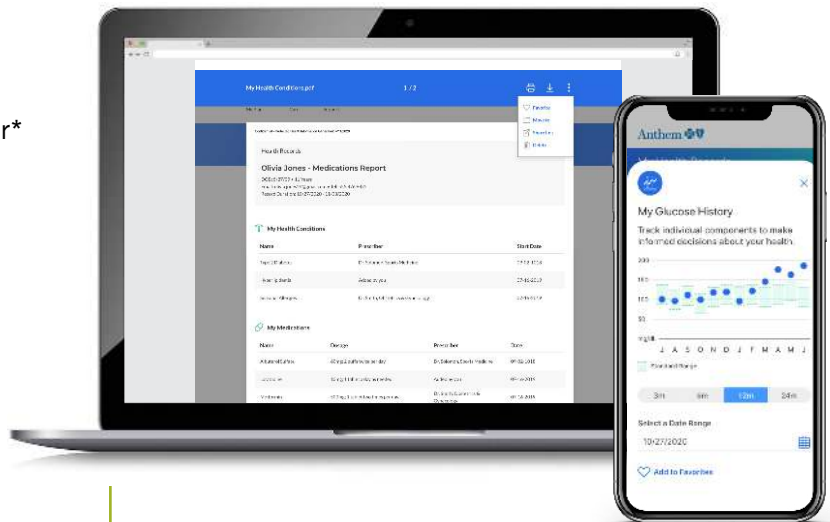
Use My Health Records to:

Confidently manage your family medical records by having accurate, up-to-date, and complete health data. Create a personal health profile for each family member* and connect it to almost any healthcare provider or hospital database, including MyChart and HealtheLife.

Easily share select information with doctors, schools, and child care providers. This could include vaccine records, a medication list, or health plan details.

Quickly see the overall picture of your health with charts and graphs that track your health data over time.

Rest assured knowing that your health information is private and secure. You share your records with people you trust and approve.

My Health Records can help you save time and stay on top of your health with quick and secure access to the information you need, when you need it.

Start using My Health Records today

Access My Health Records through the Sydney Health mobile app or on anthem.com/cuhealthplan. You can download the app from the App Store® or Google Play™.