

Dear (my doctor, nurse or other health care professional),

I'm writing to ask for online access to my full medical record, including the notes you write about our conversation after an appointment. I believe that having access to my notes will help me understand my health and health care better and help me be a better partner with you in managing my health.

(Feel free to personalize your note. To get you started, here's a list of some reasons patients want access to their notes.)

- I don't always remember everything we discussed or the things I'm supposed to do between visits, and I think revisiting my notes will help.
- I think reading my notes will help me take better care of myself.
- I want to have a full account of all parts of my medical life.
- I want to make sure I'm on the same page with you for all aspects of my care.
- I would like to share my notes with someone who helps me manage my care.

There's a lot more information, including research at www.opennotes.org.

Respectfully,