



OpenNotes for Patients: Access Your Own Medical Notes

What is it?

OpenNotes is a tool that lets you see what your doctor writes in your chart.

You can access it online through the patient portal, or you can ask your doctor's office to make you a copy.

You can access it any time and as many times as you want, so you can always go back and reread it.

How will it help me?

With OpenNotes, reading your notes after a visit with your doctor can help you:

- Better understand your diagnosis.
- Better understand your treatment.
- Figure out what you still don't understand and what questions you have for your doctor.
- Explain to your family what the doctor told you.
- Catch mistakes or misunderstandings.
- Remember to get any followup tests.
- Remember when to go back to your doctor.
- Know what medicines to take and how to take them safely and as prescribed.
- Be better prepared for your next visit with your doctor.

How can I get started?

Just ask!

You can get started by talking to your doctor and asking how you can get access to your notes.

Why should I do this?

OpenNotes enables you to be a better partner with your doctors in your own health care.

The more you know, the better you can take care of yourself. When patients, families, doctors, and staff work as partners, they prevent mistakes and get better results.

What patients are saying

"I am more a **part** of the team than outside of the care itself."

"Reading my notes has improved my understanding of the visit and the need to follow up on next steps."

What doctors are saying

"It changes how the patient and I relate. It is an equalizing force that brings the patient in as a partner."

"Once patients have access to their notes, they are not likely to be willing to give it up."

