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Accessing your Personal Health Record to manage your kidney care



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Dear Patient,

The UK Kidney Association (UKKA) is working with *Patients Know Best (PKB)* and NHS Lothian to support you in managing your kidney care by providing:

- Access to your test results
- A personal journal - to help keep a record of any conditions or symptoms
- Resource library - access to information and support services
- Symptom tracker - a log of symptoms to share with teams (where applicable)
- Record sharing - with carers or extended health or care teams
- Connecting wearable devices - to share data with teams in real-time
- The ability to store important information - diagnoses, medications, allergies or clinical correspondence, all in one place.

How to sign up and register

Please let a member of the clinical team know you wish to sign up to view your health data in *Patients Know Best*.

The team will then create your record and you will receive an email, which will contain a registration link. Clicking on this link will complete the process and you will be able to log in and see your data.

If you have any questions about using *PKB*, please contact their support team by emailing help@patientsknowbest.com



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