

Personal Health Record

The Personal Health Record (PHR) is a secure online system with Sexual Health Dorset, that gives you more control over your sexual health care. It is quick, confidential, and available 24/7.

Your privacy matters and your sexual health PHR is separate to other NHS health records, such as the NHS App, and no other NHS departments will have access to it.

With your PHR, you can:

- Book and manage your own appointments online
- Receive secure messages from our team
- Order free condoms discreetly
- Update your personal details, including accessibility needs

With your PHR, you can't:

- Book appointments with your GP

Registering

If this is your first time using PHR, you will need to register.

- only register for yourself using your own personal email address and your own UK mobile phone number (do not use a shared email address and make sure no one else has access to your phone)
- ensure your email account and phone is password protected
- make sure no one else has access to your phone
- take care when entering your personal details, as this information cannot be changed once submitted.

We take securing your information very seriously.

Once you have submitted your details, you will need to verify your email address within 24 hours. If you do not verify your email address within this time period, you will need to register again.

Once you have verified your email address you will be sent a verification code via text message to your mobile phone. You will have three attempts to enter your verification code.

****Accounts created with someone else's email or phone will be deactivated until we can verify your identity****

To register for a PHR account, please click here: <https://dhc.myphr.online/>

If you have problems registering, don't worry. You can call us on **0300 303 1948** or come into clinic and we will help you set up an account.

About appointments

Online booking doesn't always mean there is space. Appointments depend on clinic and staff availability and are the same appointments if you call us.

Please do not book multiple appointments. You should only need one appointment at any one time – please call **0300 303 1948** to discuss if you think you need more. Extra telephone appointments will be cancelled.

Emergency sexual health services

If you need any of the services listed below, please don't use the online booking system. These services are time-sensitive

Emergency contraception

The sooner you can get emergency contraception, the more effective it is. It may be needed if:

- You have had sex without any contraception
- A condom broke or slipped
- You have missed your contraceptive pill

Emergency contraception is available from:

- Any sexual health clinic
- Some GP surgeries

Pharmacies – you will not need an appointment. Please see local pharmacies [here](#).

PEP (post-exposure prophylaxis)

If you are concerned you may have been exposed to HIV (for example, having sex with someone who may have untreated HIV) PEP is available from:

- Sexual Health Clinics
- Emergency Departments

To be effective, it needs to be taken no later than 72 hours (3 days) after exposure and works better the sooner you take it. It is not a replacement for safe sex or PrEP, and only partially prevents HIV.

To discuss PEP, please call us: **0300 303 1948**

Rape or Sexual Assault

If you've been raped or sexually assaulted, please contact The Shores (Dorset Sexual Assault Referral Centre). You can call them on **0800 970 9954**, or via their website below.

[The Shores - Supporting the victims of Rape or Serious Sexual Assault](#)

Online Testing (Click-IT)

Online testing is free and confidential.

You will be asked some questions about your sexual health, so we know which tests are the best for you.

Please click here to order a test kit: <https://dhc.myphr.online/>