

# Contact

For more information  
about Personal  
Health Profiles:



Telephone 020 8319 7100

or

Write to  
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# Personal Health Profiles

Information for service  
users and carers



The PHP is **your** book about **your** health.



You take it with you to your doctor, nurse, dentist, optician, or anyone you see about your health. It helps you to share and remember information.



New information is written in your health book.



You can read your health book whenever you want to.