My Health Record

What is My Health Record?

This is a summary of your personal health information.

This will be kept online.

You can see your My Health Record on your phone or computer by setting up a myGov account and linking it to your record.

Medicare and Centrelink centres can help you set up a myGov account.

What is in my Health Record?

Healthcare professionals can add

◆ Information from your doctor about what medications you take.

◆ Hospital letters.

◆ Reports from scans and blood tests.
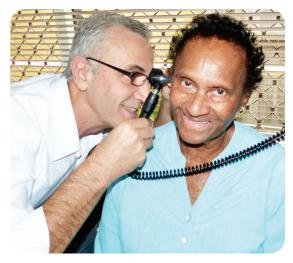
◆ Referral letters from doctors.

Information from Medicare, like your doctor's visits, prescription information, and immunisations can be added to your record. This can be taken off if you do not want it there.

You can add

◆ Emergency contact numbers.

◆ Medications you take.

◆ Your allergies.

◆ Your Advance Care Plan. This means planning early about what you want if you get very sick.

For more information go to:

MyHealthRecord.gov.au | Help line 1800 723 471

How will My Health Record help you?

In My Health Record

◆ You can see and add your own health information.

◆ Aboriginal Health Practitioners, doctors, and other healthcare professionals can see important things about your health when they are treating you, like what tests you have had and what medications you take.

◆ Doctors and nurses will be able to see your important health information if there is an emergency.

This will help to keep you healthy.

Your information will be kept safe

The My Health Record system is protected by strict laws. There are tough privacy and security rules with penalties for people who break the rules.

Someone you trust can help you look after your record if you make them a nominated representative. A person who has kinship responsibility for a child can be added as a nominated representative. There is no limit to the number of nominated representatives you can have on your record.

You can choose which Aboriginal Medical Services, doctors and other healthcare provider organisations can see your record.

You can see a list of every healthcare provider organisation that has looked at your record.

You can stop people from seeing some things like test results or medicines you take.

You have a choice

You can opt out of having a My Health Record created for you, just tell us before **15 November 2018**.

You can tell us by phoning the Help line on **1800 723 471** or by going to our website at **MyHealthRecord.org.au**, or ask your local Aboriginal Medical Service.

If you have a My Health Record, you can change your mind and cancel your record at any time.

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