

## What is included in your My Health Record?

### Your My Health Record could contain:

- ✔ Medicines you are taking prescribed by your doctor
- ✔ Your Medicare claims history
- ✔ Your organ donation decision

### Your doctors and other healthcare providers may be able to see and add information to your My Health Record, including:

- ✔ A summary of your medical history, conditions and treatments
- ✔ Hospital discharge information
- ✔ Diagnostic imaging reports (like ultrasound or x-ray results)
- ✔ Pathology reports\* (like blood tests)
- ✔ Specialist letters

### You can add:

- ✔ Any allergies and adverse reactions you may have
- ✔ Emergency contacts and their details
- ✔ Your personal health notes
- ✔ Your advance care planning information (this records your wishes about your health care in the event that you are too unwell to communicate)
- ✔ Other medicines or vitamins you might be taking, like over-the-counter medicines

You can also customise access to your My Health Record by setting access controls including restricting who can see your information, or cancel your record, at any time.

\* functionality coming soon



"My Health Record looks after me. And that's what it's for."

Ian, retired pilot and farmer, South Australia

## How My Health Record helped me in an emergency

“ It was my son's birthday and I visited him in Sydney to celebrate. We checked into the hotel and three hours later I was in the back of the ambulance being rushed to hospital.

They found I had a thing called pancreatitis. After four days in hospital, I talked them into letting me out as long as I went to see my doctor for important follow up work as soon as I got home.

When I got to my doctor I realised the hospital hadn't given me any information about the treatment I needed. Luckily my doctor checked My Health Record and within a minute was able to find details of what needed to be done to look after me.”

## Information and help


### Where can I get more information or help?


- 🌐 Go to [myhealthrecord.gov.au](http://myhealthrecord.gov.au)
- ☎ Call our **Help line** on **1800 723 471**
- 👤 Visit a **Medicare Service Centre**

### Other help?

Aboriginal and Torres Strait Islanders call **1800 723 471**

If you are a parent, carer or provide support to a person who requires assistance, and want to know how this affects you, go to: [myhealthrecord.gov.au/parentsandcarers](http://myhealthrecord.gov.au/parentsandcarers)

 If you have a hearing or speech impairment, use [relayservice.gov.au](http://relayservice.gov.au) or call **1300 555 727**

 If you need assistance in another language call **131 450**

简体中文 / Chinese **131 450**

Italiano / Italian **131 450**

العربية / Arabic **131 450**

Ελληνικά / Greek **131 450**

Our privacy policy contains information about how you can access and correct your information, or complain about a breach of privacy. See [myhealthrecord.gov.au/privacy](http://myhealthrecord.gov.au/privacy) or call us on **1800 723 471**

# My Health Record

All you need to know



# My Health Record

## Quick facts

**My Health Record** is the new name of the national digital health record system. Having a *My Health Record* means your important health information like allergies, medical conditions and treatments, medicine details, test or scan reports can be digitally stored in one place.

**Healthcare providers** like doctors, specialists and hospital staff may be able to see it online from anywhere at any time when they need to, like in an accident or emergency.

**As more people** use the *My Health Record* system, Australia's national health system will become better connected. This will result in better, faster and more efficient care for you and your family.

**Over 2.6 million Australians** already have a *My Health Record* (once called the Personally Controlled Electronic Health Record or PCEHR). Nearly **2,000** Australians are signing up every day.

**My Health Record** is protected and regulated by law, just like online banking.

## Getting Started

### 1 Go to [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au)



Go to [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au) and select the REGISTER button. Have your Medicare or Department of Veterans' Affairs card ready. If you have already registered in another way, click the white 'link your record' button.

## Benefits of having a My Health Record

### Better Access

Your important healthcare information can be available in one place online that is easily accessible by your authorised doctors, specialists, or hospitals.

Even if you move or travel interstate, the information can be viewed securely online, anywhere, any time.

If you want, you can access your health information from any computer with an internet connection. You control who can see it. Once it's set up you don't need to do anything.

### Strong Security

If you choose to you can control who sees what information in your *My Health Record*.

There are strict rules and regulations on who can see or use your *My Health Record* to protect your health information from misuse or loss. There are penalties for anyone who breaks these.

### More Convenient

You won't need to worry about having to remember and repeat your health history like medicines, details of chronic conditions, and dates of recent tests with different or new healthcare providers.

The same goes for your children's health history like immunisations and medical tests.

### Improved Safety

In a medical emergency, healthcare providers connected to the *My Health Record* system can see your health information to provide you the best possible care quickly.

If you want, you can list any allergies, adverse reactions and medical conditions you may have to help healthcare providers give you better advice and treatment.

### Privacy Matters

**We respect your privacy.**

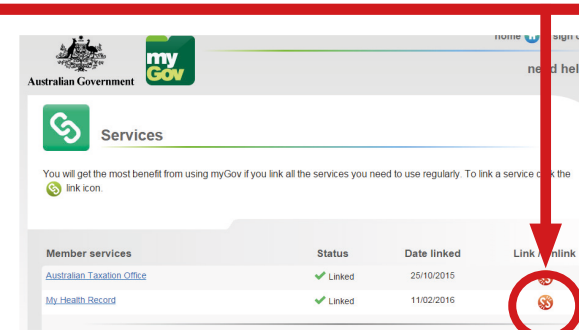
To create a *My Health Record*, we will collect information about you and your children from Medicare and some other government bodies including your name, date of birth, and Medicare records from the last two years.

Registered healthcare provider organisations such as general practices and hospitals will be able to access your *My Health Record* when providing healthcare to you. You can set access controls to restrict which healthcare providers can see your health information.

We don't disclose your information to anyone else, unless required or permitted by law.

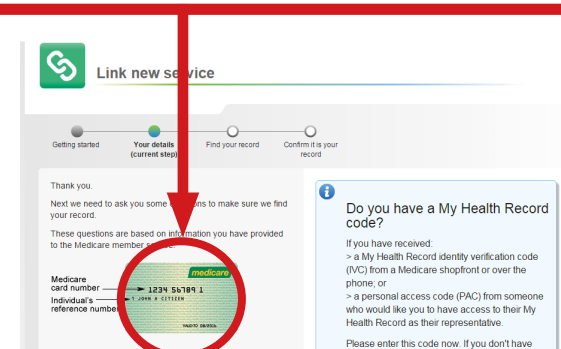
More information can be found at [www.myhealthrecord.gov.au/privacy](http://www.myhealthrecord.gov.au/privacy)

### 2 Access myGov



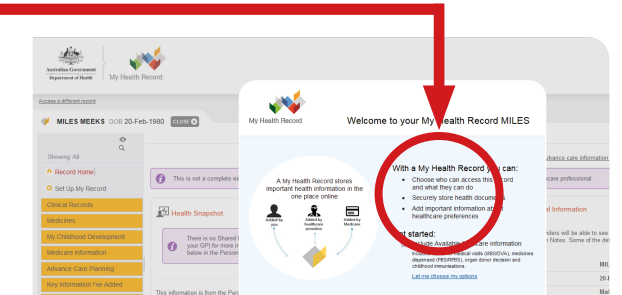
This will take you to [my.gov.au](http://my.gov.au) and ask you to sign in. If you don't have an account, follow the steps to register. Once you are in your myGov account click the services button and 'link' to *My Health Record*.

### 3 Sign up for My Health Record



To register for your *My Health Record* you will need to provide your Medicare or DVA details and some other information.

### 4 Add your preferences



The first time you see your record, you can set it up by setting access controls and adding some key information like emergency contacts and allergies. Every time you see a doctor, ask them to update your record.