

# My Health Record



**Easy Read**

# My Health Record



This information is about **My Health Record**.



**My Health Record** is a safe place online where you can keep your health information.



You can ask for support to read this information.

# About My Health Record



You and your **health workers** can look at My Health Record at any time.



**Health workers** mean staff like

- Doctors
- Nurses.



You choose what goes in the My Health Record.

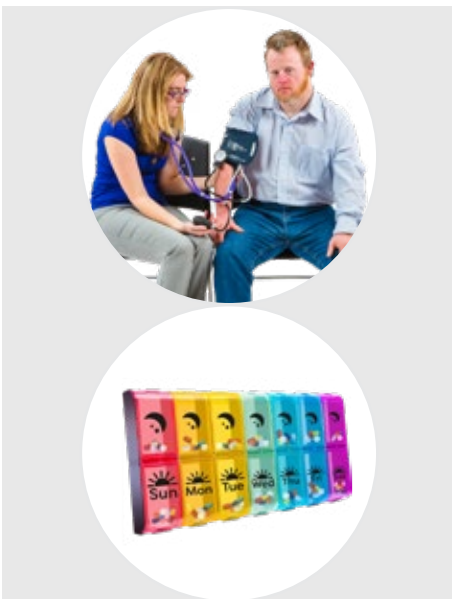
# Why is it good to use My Health Record



It is good to use My Health Record for lots of reasons.



You and your health workers can look at your health information at any time.



You can check things like

- When you had tests
- The names of **medicines** you take.



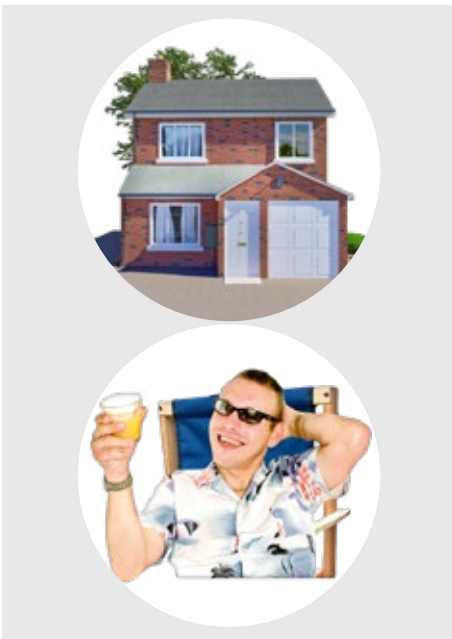
**Medicines** are things you take to feel better.



If you have My Health Record you may not have to remember what medicines you have taken.



It might mean you do not need to have as many health tests.



It helps you to look at your health information if you

- Move to a new place
- Go on a holiday.



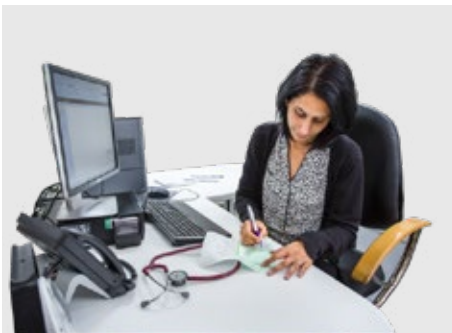
It might help you get better care from health workers.



You and your health workers can look at your health information quickly if there is an **emergency**.



**Emergency** means you need help straight away.



Health workers can look at My Health Record in an emergency if you can not speak for yourself.



They have to follow rules when they do this to keep your information safe.

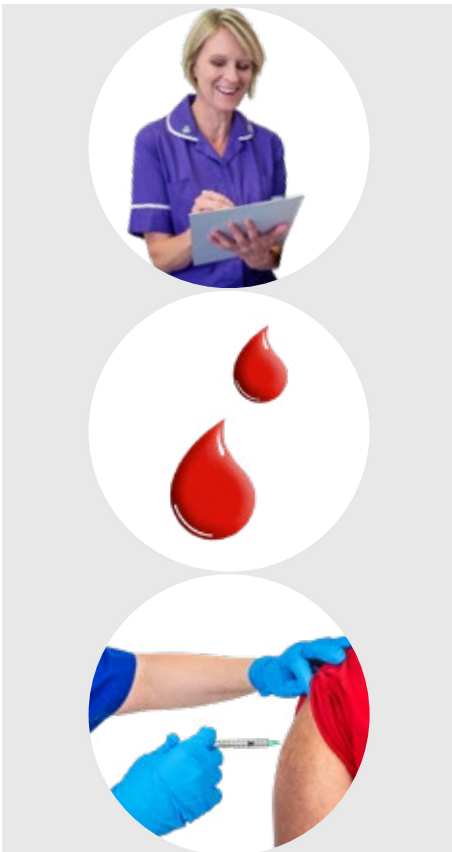
# What can you put in My Health Record



Health workers put information about your health in My Health Record.



You can choose what information they put in your My Health Record.



This might be information like

- Notes from hospital stays

- Blood tests

- **Vaccines** you have had.

**Vaccines** are medicines that can stop you getting sick.

It might also be information about COVID-19 like



- Any COVID-19 vaccines you have had
- If you have had COVID-19 before.



You can put your personal information in your record.



You can put your **emergency contact** in your record.



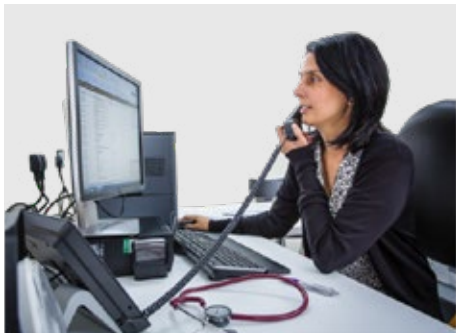


An **emergency contact** is someone health workers can call if you need help straight away.



Your My Health Record can have information from Medicare.

## Who can look at My Health Record



You can choose who can look at your My Health Record.



You can tell your health workers not to put information in your record.



You can see who has looked at your record.

You can choose to get a text message or email when



- Someone looks at your record

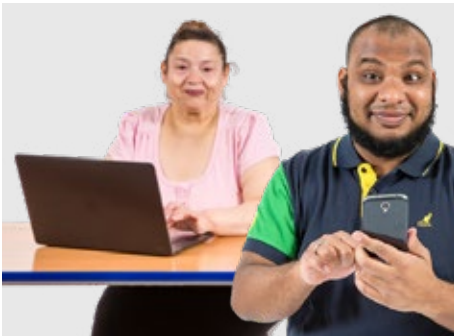


- A change is made to your record.



Your information is kept safe so no one else can see it.

# How to use My Health Record



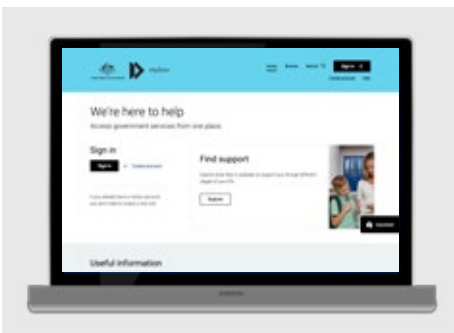
You can use My Health Record on your phone or computer.



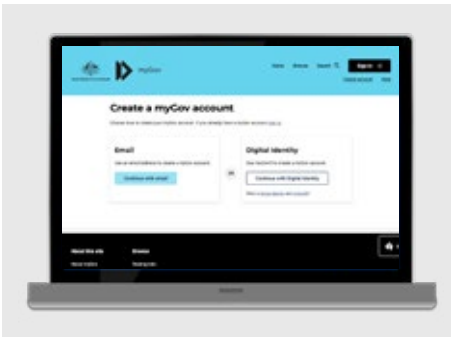
You will need the internet to use it.



You will need a **myGov** account to use My Health Record.



**myGov** is a government website where information about you is kept.

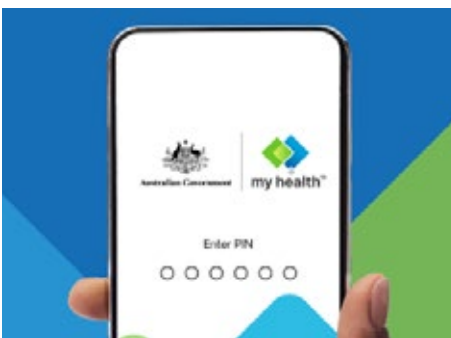


If you do not have a myGov account you can make one.



When you sign into myGov you can

- Click **Link a Service**
- Then click **My Health Record**
- Follow the steps.



You can also use the **my health app** to use My Health Record.

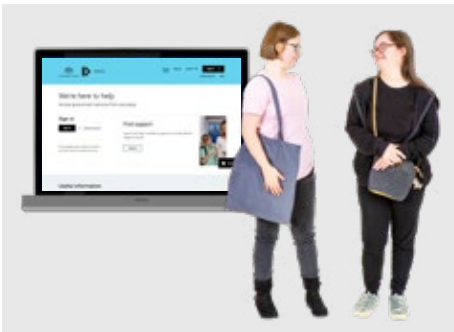


The **my health app** is where you can look at the information in My Health Record on your mobile phone.

# Help with My Health Record



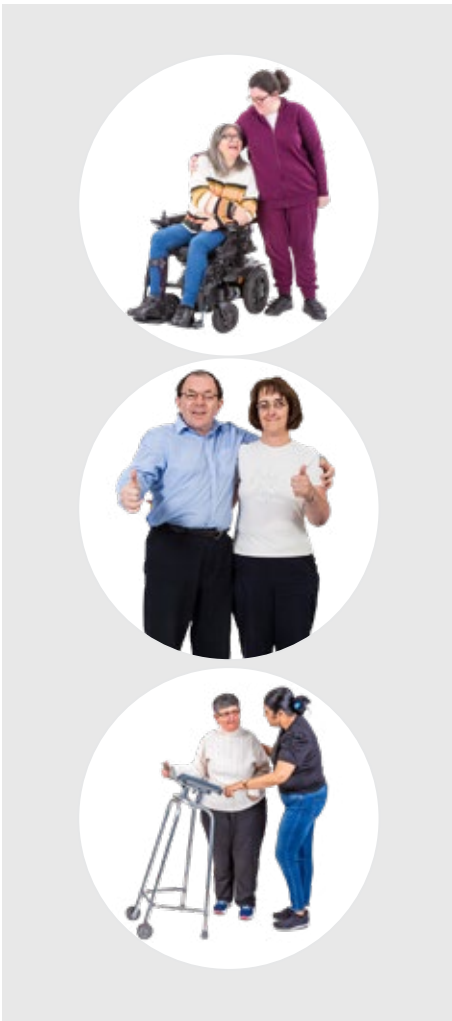
You can ask for support if you want to look after your record but need some help.



You can choose someone who can also use your record.



This person is called a **nominated representative**.



This might be your

- Family
- Friend
- Carer.



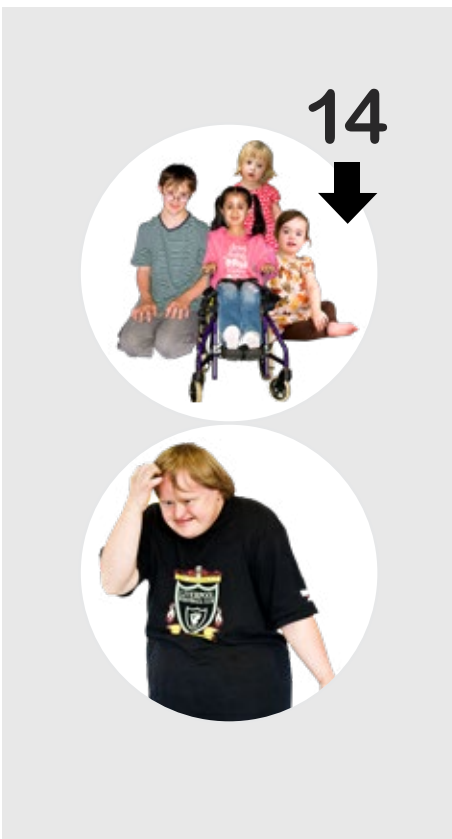
You can choose what the nominated representative can see.



You can change your mind if you do not want help from a nominated representative anymore.



Some people might need someone else to look after My Health Record for them.



This means people who

- Are younger than 14
- Can not make decisions.



An **authorised representative** can ask to look after My Health Record for these people.



An **authorised representative** might be your



- Family



- Friend



- Carer



- **Guardian.**



A **guardian** is someone who makes decisions for you.

## More information



If you need help you can call the My Health Record team.



The number is 1800 723 471.



You will need to choose option 1 when you call.



For more information about My Health Record you can go to

**[www.digitalhealth.gov.au/initiatives-and-programs/my-health-record](http://www.digitalhealth.gov.au/initiatives-and-programs/my-health-record)**



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