

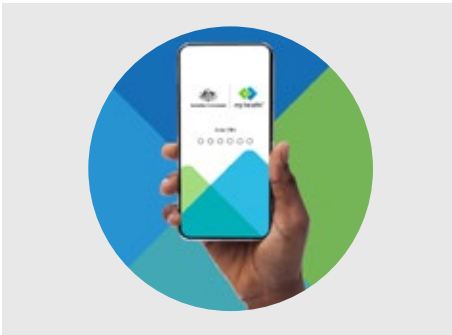
my health app



my health app



This information is about the **my health app**.



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



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



You can ask for support to read this information.

How to use the my health app



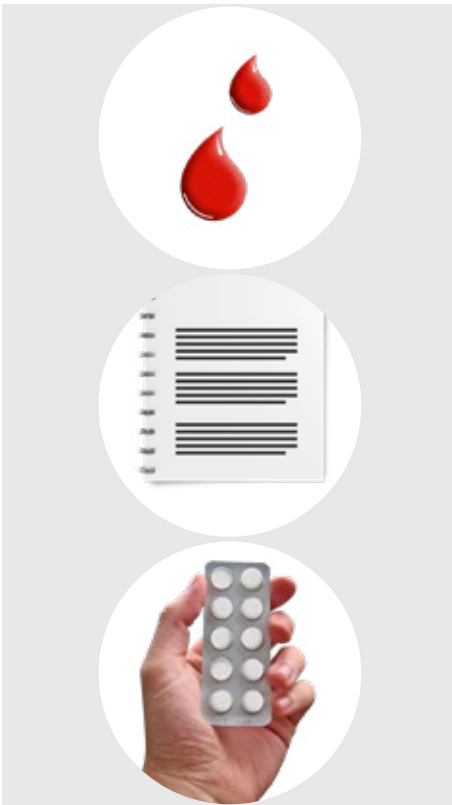
You can use the my health app on your phone.



You will need the internet to use it.



If you have the my health app you can get quick information about your health.



You can use the my health app to get and share health information like

- Blood tests
- Notes from when you went to hospital
- **Medicines** you take.



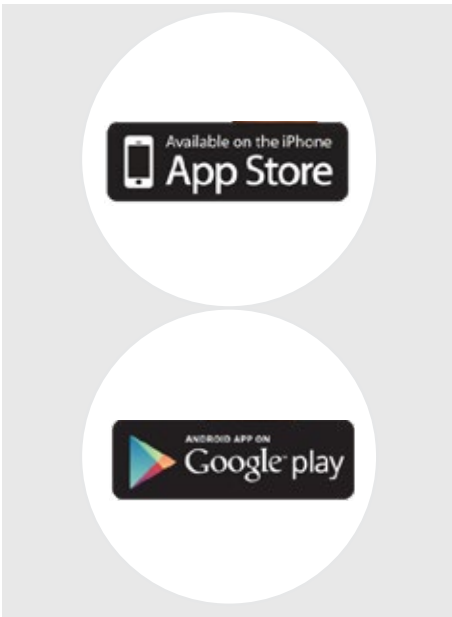
Medicines are things you take to feel better.



The my health app lets you download and share your health information.



It is quick and easy to use.



You can download the my health app by searching **my health gov** in the

- Apple App Store

- Google Play Store.



You need a **myGov** account and a My Health Record to use the app.



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



You can click **go to myGov** in the my health gov app if you need to make a myGov account.



You can make a **PIN** to get into the app.



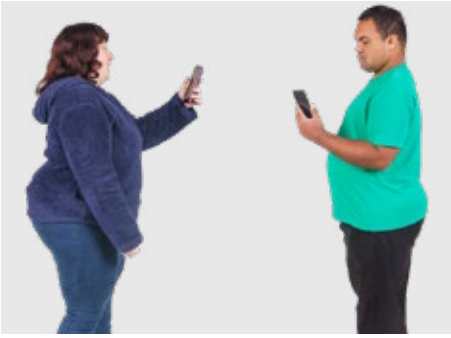
A **PIN** is a password with 6 numbers.



You can change your PIN at any time in the **account page** of the app.



If you want to update information in My Health Record you should use myGov.



A **nominated representative** or **authorised representative** can use the my health app to look at your information.

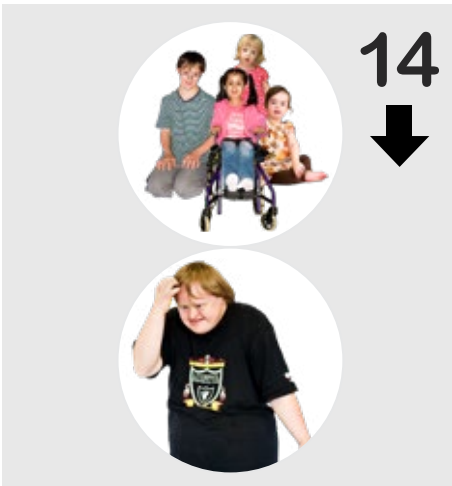


A **nominated representative** is someone you can choose to look at your record.



This might be your

- Family
- Friend
- Carer.



An **authorised representative** is someone who can look after your record if you

- Are younger than 14
- Can not make decisions.



An authorised representative might be your

- Family
- Friend
- Carer
- **Guardian.**



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

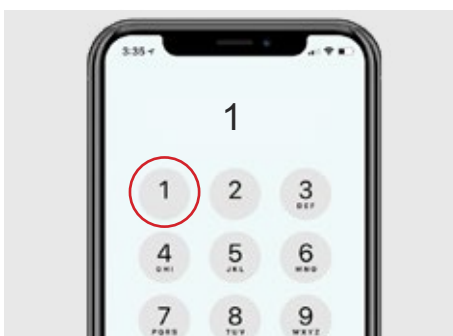
More information



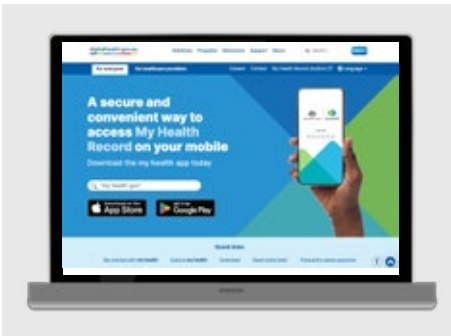
If you need help you can call the My Health Record team.



The number is 1800 723 471.



You will need to choose option 1 when you call.



You can go to the my health app website at
www.digitalhealth.gov.au/myhealth



This website is not Easy Read.
You can ask for support to read it.

Council for Intellectual Disability made this information Easy Read. **CID** for short.
You need to ask CID if you want to use any pictures in this document.
You can contact CID at **business@cid.org.au**.