Adult

My Health | My Record

What is My Health Record & why should I have one?

My Health Record is an online summary of your health information.

Helps to unify health information stored in different places.

My Health Record helps you keep track of your health information, securely in one place.
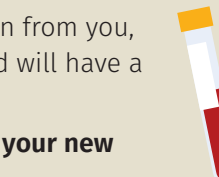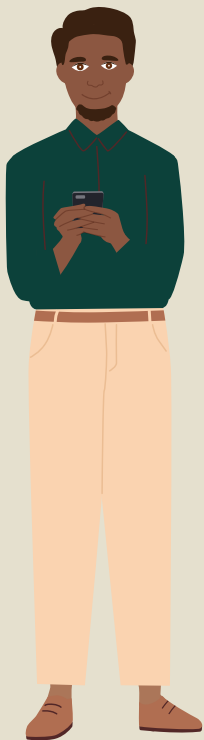
What is in My Health Record?

My Health Record brings together health information from you, your healthcare providers and Medicare. Your record will have a recent copy of:

- **Shared Health Summary used as a reference for your new doctors or healthcare providers that you visit**

- **Hospital discharge summaries**

- **Scans and blood tests**

- **Medication**

- **Referral letters from your doctor(s)**

These will all be for yourself and your healthcare provider to see. Your past medical records and test results may not be in it.

When can I access My Health Record?

The My Health Record is able to be viewed **online anywhere you are at any time of day**. You can access your health information from any computer or device that's connected to the internet.

How to access My Health Record

You can use myGov to look at your My Health Record.

To register for My Heath Record:

1 Go to **my.gov.au** to sign in to your myGov account

2 Select **Services**

3 Select **Link another service**

4 Select **My Health Record**

If you don't have a myGov account, you can set one up at **my.gov.au**.

my.gov.au

Can my family see my record?

If you would like a family member, carer or trusted friend to have access to your My Health Record, you can invite them to be a **nominated representative**.
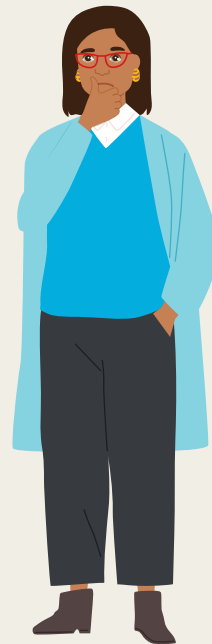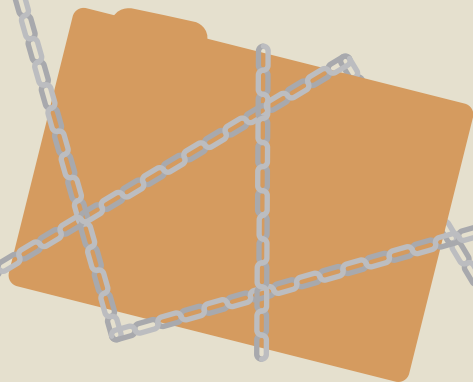
Can I control my record?

Your My Health Record is **personally controlled**, this means you have a say in what gets uploaded, what stays in your record and who can see your record.

What is **my** privacy in the My Health Record system

If you want extra privacy for the health information in your record, you can set a **Record Access Code** to restrict who can look at it. You will need to give the code to your healthcare provider for them to look at your record.

Can I protect **sensitive** health information?

If you don't want sensitive medical information added to your **My Health Record**, let your doctor know that you don't want it uploaded. You can also delete documents from your record at any time.

Can I see who has **looked** at my record?

In your **Record Access History**, you can see which healthcare organisations have looked at your record and when. If you think someone has looked at your record when they shouldn't have, please call the Help line immediately on 1800 723 471.

Will I be **notified** when someone looks at my record?

You can choose to have an **email or SMS automatically sent** to you when a healthcare organisation looks at your record for the first time. If you get a message when you are not receiving medical care, please contact the Help line on 1800 723 471.

Original cover artwork

"Bany-Ba (Reaching Out)"
Designed by **Dalmarri**

This aboriginal painting was designed to show the connection between AH&MRC and the Indigenous communities. The round circles are the meeting places where we see progression. The Half circles are the family members sitting around and protecting each other. The round circles on the edges are the health sectors of AH&MRC who's care and guidance have allowed many of our people to seek treatment whilst showing a lot of care. The white dots are walking tracks our sisters and brothers travel through one community to the next and seek help and support.