



Media release

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Men encouraged to connect with their health

Creating a My Health Record is one way men can be proactive about their health and make it a priority this Men's Health Week, running between June 11 – 17.

My Health Record is a secure online summary of a person's health information that can be accessed at any time by the individual and their healthcare providers.

Australian Men's Shed Association Executive Officer David Helmers said My Health Record will make it easier for men who may find visiting healthcare professionals difficult or uncomfortable.

"We know that men often avoid having conversations about their health – particularly when those conversations involve visiting a healthcare provider.

"My Health Record takes some of the pain out of keeping a consistent record of our health and is a great platform for ongoing health management.

"Right from the get-go males are more likely to be involved in accidents or become ill, so as we age, it becomes even more important to stay on top of health information," Mr Helmers said.

33 year-old [Nick Morton](#) was forced to take a serious look at his overall health after suffering a heart attack while working in North Queensland.

"I had a rupture in my artery wall - it was a big wake-up call going into cardiac rehab and I was the youngest by 20 years. I ended up really thinking about my health and becoming more aware of my medical history so I registered with My Health Record," Mr Morton said.

After Nick returned to the family doctor back in his home state, his Melbourne based doctor was able to securely log onto My Health Record and view Nick's Queensland medical history.

"It helped me having a digital copy of everything instead of having to go to my GP or cardiologist with a binder full of all my records," Mr Morton said.

All Australians will have the benefit of receiving a My Health Record before the end of 2018, unless they choose not to have one.

Getting familiar with what is included in an individual's personal record can assist in being prepared in an emergency like the one Nick Morton experienced. Nick now advocates a more proactive approach.

"I thought I was in control of my health and took it for granted like most blokes my age. There's no excuse not to keep track of your health. Go to your GP and ask about my Health Record."

Australian Digital Health Agency Chief Medical Adviser Clinical Professor Meredith Makeham said My Health Record provided many valuable benefits for men.

"Encouraging men to discuss their health with their doctor, pharmacist, or other healthcare specialist can be difficult."

"My Health Record supports and assists men to have these conversations, enabling better connected care and, ultimately, better health outcomes," Dr Makeham said.



My Health Record gives men and the broader community the capacity to upload important health information including allergies, medical conditions and treatments, medicine details, test results and immunisations; supporting them in remembering the dates of tests, medicine names, or dosages.

A major advantage of having a My Health Record is individuals having 24-hour, 7 day per week access to their own health information.

My Health Record videos:

- [Nick Morten's My Health Record story](#)
- [Tiger Corrigan's My Health Record story](#)

For further information visit www.myhealthrecord.gov.au or call 1800 723 471.

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About the Australian Digital Health Agency

The Agency is tasked with improving health outcomes for all Australians through the delivery of digital healthcare systems, and implementing [Australia's National Digital Health Strategy – Safe, Seamless, and Secure: evolving health and care to meet the needs of modern Australia](#) in collaboration with partners across the community. The Agency is the System Operator of [My Health Record](#), and provides leadership, coordination, and delivery of a collaborative and innovative approach to utilising technology to support and enhance a clinically safe and connected national health system. These improvements will give individuals more control of their health and their health information, and support healthcare providers to deliver informed healthcare through access to current clinical and treatment information. Further information: www.digitalhealth.gov.au.

Australian Men's Shed Association

AMSA is the peak body representing more than 985 Men's Sheds in Australia by providing practical support, specialised services and resources. AMSA prioritizes the well-being of all men valuing the role that Men's Sheds play in the prevention of social isolation by providing a safe, friendly, and welcoming place for men to work on meaningful projects and to contribute to the wider community. Further information: mensshed.org.