



# Your health record in your hands

This year, you will get a **My Health Record** unless you tell us you don't want one

## What is My Health Record?

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

Once it's set up, you don't need to do anything. Your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate. You can access your health information from any computer or device that's connected to the internet.

You don't need to be sick to benefit from having a My Health Record. It's a convenient way to record and track your health information over time.



Medicare data can be added to your record.

This includes:

- ◆ Medicare and Pharmaceutical Benefits Scheme (PBS) information stored by the Department of Human Services
- ◆ Medicare and Repatriation Schedule of Pharmaceutical Benefits (RPBS) information stored by the Department of Veterans' Affairs
- ◆ organ donation decisions
- ◆ immunisations that are included in the Australian Immunisation Register

You, or someone authorised to represent you, can share additional information in your record that may be important for your healthcare providers to know about you.

This includes:

- ◆ contact numbers and emergency contact details
- ◆ current medications
- ◆ allergy information and any previous adverse reactions
- ◆ Indigenous status
- ◆ Veterans' or Australian Defence Force status
- ◆ your Advance Care Plan or contact details of your custodian

## What is included in your My Health Record?

My Health Record brings together health information from you, your healthcare providers and Medicare. Healthcare providers can add clinical documents about your health to your record.

They include:

- ◆ an overview of your health uploaded by your doctor, called a Shared Health Summary. This is a useful reference for new doctors or other healthcare providers that you visit
- ◆ hospital discharge summaries
- ◆ reports from test and scans, like blood tests
- ◆ medications that your doctor has prescribed to you
- ◆ referral letters from your doctor(s)



## Personally controlled

It's your choice who sees your My Health Record and what's in it. You can choose to share your information with the healthcare providers involved in your care. By allowing your doctors to upload, view and share documents in your My Health Record, they will have a more detailed picture with which to make decisions, diagnose and provide treatment to you. You can also ask that some information not be uploaded to your record.



## A secure system

My Health Record has multi-layered and strong safeguards in place to protect your information including encryption, firewalls, secure login, authentication mechanisms and audit logging. There are strict rules and regulations about who can see and use your My Health Record to protect your information from misuse.

[MyHealthRecord.gov.au](https://myhealthrecord.gov.au) | Help line 1800 723 471





# How My Health Record benefits you

## Access to your key health information in an emergency

In a medical emergency, healthcare providers connected to the My Health Record system can see your health information such as allergies, medicines and immunisations. This helps them to provide you with the best possible treatment and care.

## A convenient snapshot of your health

When your healthcare provider uses your My Health Record, it means you don't need to remember and repeat your medical story, such as your prescriptions or the names of tests you've had. It also helps you keep track of your children's health, immunisations and any medical tests.

## Better connected care

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

## What if I already have a My Health Record and I don't want it any more?

You can choose to cancel your record at any time. You can find the 'Cancel My Health Record' button under the 'Profile' menu within your record, or you can call the Help line.



## What to expect when logging into My Health Record for the first time

The first time you log into your My Health Record there may be little, or no information in it. There may be up to two years' worth of Medicare information such as doctor visits under the Medicare Benefits Schedule (MBS), as well as your Pharmaceutical Benefits Scheme (PBS) claims history. If you choose, you can remove this information after you log in. Your previous medical history such as older tests and medical reports will not be in your My Health Record.



What do I have to do?

You don't have to do anything. A secure My Health Record will be created for you by the end of 2018 if you have a Medicare or Department of Veterans' Affairs card.

However, if you don't want a My Health Record, let us know by **15 November 2018** by visiting our website or calling our Help line.



For more information go to:  
**MyHealthRecord.gov.au**  
Help line 1800 723 471

If you have a hearing or speech impairment, go to **relayservice.gov.au**  
If you need assistance in another language, call **131 450**