Are you 14 or over?

When you turn 14, your parents or guardians will no longer have access to your My Health Record.

This means you have privacy and control over who can see your health information in your record.

You can manage your own health information in My Health Record. If you decide you want help from a parent or guardian, you can give them access to your record.

What is My Health Record?

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

It's a free service that brings together health information from you, your healthcare providers and Medicare. This can include details of your medical conditions and treatments, medicines, allergies, and test or scan results, all in one place.

When you have My Health Record, you can look at your health information securely online from anywhere, at any time from any device that's connected to the internet.

You decide what information is in your record and who can look at it. You can set an access code and set notifications to get an SMS or email each time a new healthcare provider accesses a record.

"There's lots of stuff in my record from all the healthcare providers I visit. I've added my own notes too."

"There's not much in mine. I'll ask my GP about it next time I see her."

"I'm going to ask my parents to help me manage mine."

"I have no idea what's in mine. I'm going to log in through myGov and have a look."

"I don't have a record – my parents opted me out. I'll ask them about it and maybe register myself."

MyHealthRecord.gov.au/for-teens
helpline 1800 723 471

Australian Government
Australian Digital Health Agency

My Health Record

What if you're under 14?

If you're under 14, your parents or guardians manage your record for you.

Manage your own record

Once you turn 14, you can manage your own record and your parents or guardians will no longer have access to it. If you still want them to have access, you can invite them to be your nominated representative.

Even though your parents no longer have access to your record, any information they have uploaded will still be there.

What's in my record and how does it get there?

Depending when your record was first created, there may be little or no information in it.

There may be information from Medicare such as your doctor visits, medicines and immunisations.

There may also be medical documents uploaded by healthcare providers such as GPs, specialists and pharmacists, including medications that your doctor has prescribed to you and reports from test and scans, like blood tests.

How do I control who sees my health information?

Once you start managing your own record, you can remove documents or set privacy controls to restrict who can see them.

To find out more, go online to: MyHealthRecord. gov.au and search *'control access to your record'*.

In a medical emergency, your doctors can access your important health information in your record such as your allergies and medicines, even if you have set privacy controls. This helps them give you the best possible treatment and care.

How secure is my information?

Many safeguards are in place to protect information in your My Health Record, such as strong encryption, firewalls, secure login processes and audit logging.

How do I access my record?

You need to create a myGov account or log in to an existing myGov account to access your My Health Record. myGov is a secure way to access Australian Government services online.

You will need to link your My Health Record to your myGov account and verify your identity using your Medicare number, name, address, date of birth and gender.

To get started, go to my.gov.au

What if I don't want certain information added to my record?

Tell your doctor, nurse or pharmacist that you don't want something uploaded.

Can teachers or employers look at my record?

No. Only people involved in your healthcare can look at your record. You can decide which healthcare providers can look at it and what information they can see.

Find out more about My Health Record:
MyHealthRecord.gov.au/for-teens
helpline 1800 723 471 or talk to your doctor

Australian Government
Australian Digital Health Agency

My Health Record