

Adult

My Health | My Record



Australian Government
Australian Digital Health Agency



My Health Record



Aboriginal
Health & Medical
Research Council
of NSW

A stylized illustration of a person with brown skin, wearing a short-sleeved t-shirt with a vibrant, colorful pattern of circles and dots in blue, red, yellow, and white. They are also wearing dark green shorts and white sneakers. Their arms are outstretched to the sides, palms up, in a questioning or explanatory gesture.

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

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

Right now, your health information is in different places.

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

What is in My Health Record?

The My Health Record is not going to replace all healthcare records that are at your local healthcare provider. Your record will have a copy of recent:

- **Scans & blood tests**
- **Discharge summaries**
- **Key health information**
- **Medication**

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?

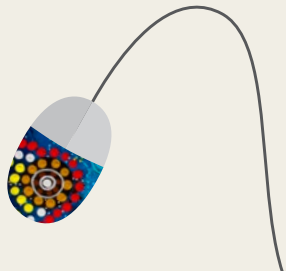
The My Health Record is able to be viewed **online anywhere you are at any time of day**. You can access your health information from any computer or device that's connected to the internet.

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

How to access My Health Record



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.

By law, no-one can look at, or ask you to tell them, any information in your My Health Record for insurance or employment purposes.





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?



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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.

This booklet was developed in collaboration with AH&MRC and the Australian Digital Health Agency.

For more information visit www.myhealthrecord.gov.au