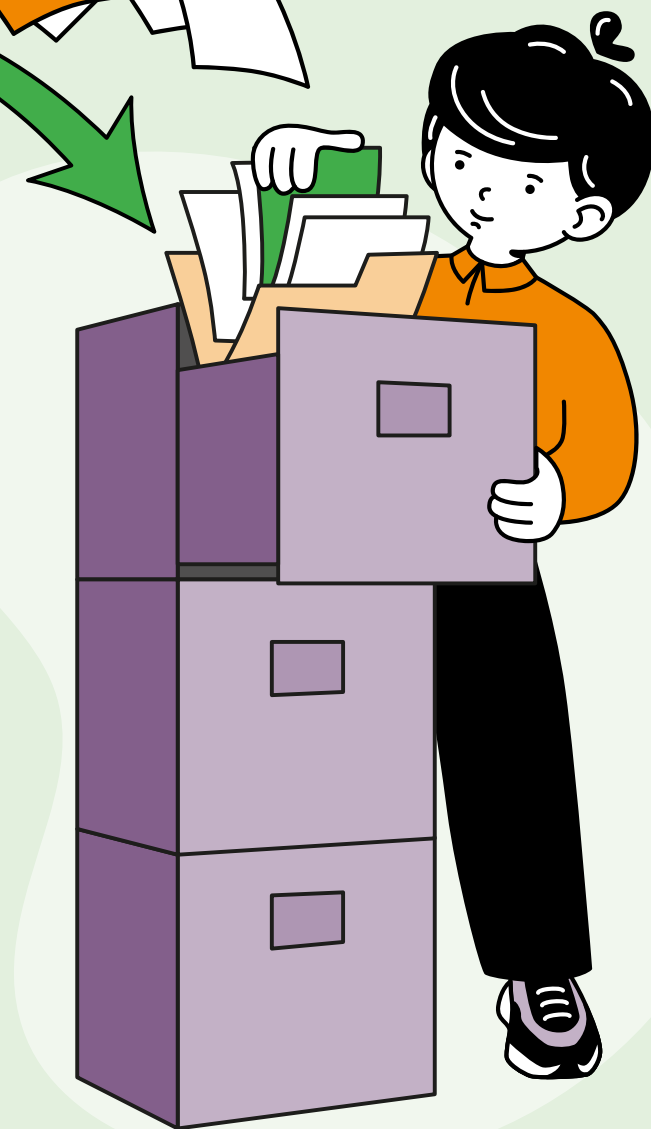


Privacy in **My Health Record**



My Health Record is a safe and secure way to store your health information online. It gives you more control over your health and how your record is accessed.

This is the third in a series of resources from the Consumers Health Forum of Australia (CHF) and the Australian Digital Health Agency. We want to help you keep your personal and health information safe while using My Health Record.

Download CHF's resources on
Building Australians' Digital Health Literacy



How to keep your health information safe

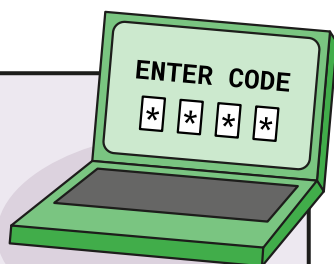
My Health Record empowers you to restrict access to all or part of your record with just a few clicks. Your My Health Record is protected by strong privacy controls. You can:

- Choose which healthcare provider can view your record
- Hide individual documents
- Delete documents
- Use a code to limit access

This means you stay in control of your health information. You can also choose not to have a My Health Record if you don't want one.

You can visit the [Privacy & Access page](#) on My Health Record to learn more.

Accessing your health records



Setting an access code on My Health Record

Restricting access to your My Health Record is another privacy measure that consumers can put in place to protect sensitive information. You can add a 4-to-8-digit code (called a Record Access Code or RAC). Once this is in place only organisations with this code can see your record (includes doctors and other healthcare providers). You can also set codes for individual documents.

Importantly, setting up an access code to protect your health information, does not prevent healthcare providers from uploading documents to your My Health Record. However, they can't see your full record without your code. You can get alerts via email or SMS when your records are accessed for the first time. You can view the following in your access history:

- Date and time
- Which healthcare provider organisation accessed your record
- The action that was taken
- Details of your own access

[For more information, visit the Agency's website.](#)

Access your My Health Record on your mobile device

The **my health** app is a secure and convenient way to access My Health Record on your mobile device.

my health app lets you view key health information that you, your healthcare providers or representatives have uploaded to My Health Record. It also gives you access to electronic prescriptions and your Active Script List and has other great features like find and book a health service, and much more.

Through **my health** app you can:

- View your medical history.
- Check pathology results.
- Manage vaccinations and immunisations.
- View hospital discharge summaries.
- Keep track of care planning documents, and more.



All you need to get started is to create or sign in to a myGov account that is linked to My Health Record. [Learn more about getting started with my health app.](#)