Your quick start guide to **My Health Record**

My Health Record gives you secure access to key health information like medicines, pathology results, immunisations, prescriptions and more. With all this information secure and in one place, you and your healthcare team will have a more complete view of your overall wellbeing.

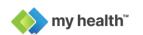**www.digitalhealth.gov.au/my-health-record**

It's private and secure and can only be seen *by you*, your *healthcare providers* and anyone else *you choose to share it with*.

Register for a My Health Record if you don't already have one. You can do this at any time.

Sign into your myGov account at **my.gov.au**

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My Health Record®

my health™

To access **My Health Record**, you need a myGov account.

⚙ If you don't have a myGov account, **follow these steps to create one**.

Getting Started

Step 1 Link My Health Record to your myGov

- **Sign in** to your myGov account at **my.gov.au**.
- **Select the Link Services button** on the My Health Record tile.

Step 2 Verify your identity

My Health Record uses details from Medicare to verify your identity. Linking to My Health Record is easier if you've already linked Medicare to myGov.

If Medicare is already linked, it will be listed under **Your Linked Services**. Go to step 3.

I haven't linked Medicare to myGov

You'll need your unique Medicare card number. You'll also need to answer some questions specific to you. These will need to be answered correctly to pass the identity check.

If you don't know the answer to a question, you can contact the My Health Record helpline on 1800 723 471. This line is available 24 hours a day, 7 days a week to address any concerns you may have.

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Step 3 Access and set up My Health Record

At the **Welcome to My Health Record** screen, select the record you want to access.

Follow these steps to set up your record.

- Choose the **Medicare information** you want included in your record, such as visits to your doctor, prescriptions information, immunisations and your organ donor decisions.
- **Check your profile details** and update if needed.
- Add your **emergency contacts.**
- Add allergies, adverse reactions, and your non-prescribed medicines, vitamins or supplements to your **personal health summary.**
- Set an access code if you want to control which healthcare professionals can view your health information.
- **Choose to receive notifications** accesses your record and receive alerts to your device for upcoming appointments.
- Each time you see a healthcare provider such as your GP, nurse or specialist, ask them to upload information about your visit in your My Health Record.

Always remember *you can choose* not to have information uploaded to My Health Record. Simply ask your healthcare provider not to upload this time.

my health app

my health app is a secure and convenient way to access My Health Record and other key health information on your mobile device.

Through **my health** app you can:

- View your medical history
- Check pathology results.
- View hospital discharge summaries
- Manage vaccinations and immunisations
- Add, update, and view emergency contact information
- View and manage electronic prescriptions
- Link an Active Script List you have registered at a pharmacy
- Find and book a health service
- Keep track of care planning documents, and more.

Learn more about getting started with **my health** app: **www.digitalhealth.gov.au/myhealth**

Links to more information

My Health Record: **All about My Health Record**

What can you see and add to your My Health Record: **What is uploaded to My Health Record and what you can add for yourself**.

Hiding or removing documents from a My Health Record: **What control you have over what information can been seen in My Health Record**

My Health Record and people you care for: **Information for people with dependents, such as children under 14 years or a person who lacks capacity to make their own decisions**.

my health app: **Managing your health information from your mobile device**

Like to know more? See the **Frequently Asked Questions** and the **Glossary of Terms**

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