

Your *My Health Record*

What is the *My Health Record* and how does it affect me?

The *My Health Record* is the Australian Government's new Digital Health system. It is a **summary** of your **key health information** in one central location. Your *My Health Record* can include a range of basic information from your healthcare provider and Medicare, and you can also add information yourself:

Health care provider can add:	Medicare can add:	You can add:
<ul style="list-style-type: none"> Information from your doctor called a Shared Health Summary Hospital discharge summaries Reports from scans and tests Medications Doctors referral letters 	<ul style="list-style-type: none"> Medicare information, such as visits to your doctor Medicines information from the Pharmaceutical Benefits Scheme Organ donation information Immunisation records 	<ul style="list-style-type: none"> Personal Health Notes Emergency Contact Details Indigenous status

The *My Health Record* is **personally controlled**. You decide what gets uploaded, what stays in the record and who can view it. If you do not have a *My Health Record* you can still get health information from other sources. The *My Health Record* **does not replace existing health records**, for example, the records your doctor might keep for you about previous visits or your medications.

When you have a *My Health Record*, your health information can be viewed securely online, from anywhere, at any time. You can access your health information from any computer or device that is connected to the internet.

Having a *My Health Record* **will not change or affect the confidential relationship you have with your healthcare provider**, regardless of your age.

Will I have a *My Health Record* if I am in out-of-home care (OOHC)?

If you are in OOHC and under the Minister's parental responsibility a *My Health Record* will be created for you. This decision has been made so that you can access all your health information, even once you have left care.

To ensure the information in your *My Health Record* remains secure, a restriction will be placed on it while you are in care. Only staff from the NSW Department of Communities and Justice (DCJ) and your health care providers will be able to view your record.

When can I decide to manage my own *My Health Record*?

When you turn 14 you will be able to take control of your *My Health Record* and DCJ will no longer have access to it. You will be able to decide what information gets uploaded to the record and who will be able to view this.

You can:

- add personal notes about your specific health issues
- set access controls to restrict who can and can't see your health information

- review your health information
- see the information that your health care providers can see
- set up SMS or email notifications so you know when a health care provider accesses your record
- tell your health care provider that you do not want something uploaded to your record.

If you want other people to be able to view your record you can add them as nominated representatives.

If you decide you do not want a *My Health Record* you can delete it at any time. However, before you decide to delete your record talk to your caseworker to get advice.

You can also re-register for a *My Health Record* at any time.

What steps do I need to follow to manage my Record?

To manage your *My Health Record*, you will need to:

1. Create a myGov account or sign in to your existing myGov account. You can do this at my.gov.au.
2. Verify your identity using your Medicare number, name, address, date of birth and gender. You may be asked questions such as the date of your last doctor's visit.
3. Link your *My Health Record* to your myGov account, and set it up.

Your caseworker should also be able to assist you if you need help with any of the steps above.

How can I get more information?

More information about the *My Health Record* is available at [Manage your Record from age 14](#) or by contacting the *My Health Record* Help line on 1800 723 471.

You can also speak with your caseworker about this information and what is involved in managing your *My Health Record*.