

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?

If you are in out-of-home care 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 NSW Family and Community Services staff and your health care providers will be able to view your record.

Can I opt-out if I don't want a *My Health Record*?

Anyone who does not want a record can opt-out until 15 November 2018. If you are 14 or older you can decide to opt out during this period by visiting <https://www.myhealthrecord.gov.au/for-you-your-family/opt-out-my-health-record> or by calling the *My Health Record* Help line on 1800 723 471.

You will need to provide certain identity information to complete the opt-out process, such as your Medicare number. Your caseworker can assist you with this.

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

When you turn 14:

When you turn 14 you can make decisions about your *My Health Record* if you want to. Before you make the decision to manage your *My Health Record*, talk to your caseworker to get advice.

You can decide to manage your *My Health Record* by:

- completing the process online at MyHealthRecord.gov.au
- contacting the *My Health Record* Helpline on 1800 723 471
- visiting a Medicare Service Centre.

If you choose not to manage your *My Health Record*, Family and Community Services will continue to do so until you turn 18 or until you leave care

When you turn 18:

When you turn 18, you will be responsible for managing your own record and Family and Community Services will no longer have access to it. Managing your *My Health Record* is part of the leaving care process.

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. You can re-register for a *My Health Record* at anytime.

Deciding to manage my own *My Health Record*

You can choose what information your *My Health Record* contains and who can see it.

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.

How can you get more information?

More information about the *My Health Record* is available at MyHealthRecord.gov.au or by contacting the *My Health Record* Help line on 1800 723 471.

You can also speak with your caseworker about this information and the different options available for managing your *My Health Record*.