



My Health Record



This booklet was produced in collaboration with the Council for Intellectual Disability who are a member of Inclusion Australia following a series of workshops for people with an intellectual disability.





What is My Health Record

It is a safe and secure online summary of your key health information.

Your record may have information like:

- Your medical conditions
- Your medicines
- Any allergies you may have
- Your latest test results
- Your notes from appointments



You can control who can look at your record, and what is in it.

You can talk to your doctor about your record.

If you don't want information added to your record, ask your doctor not to add it.

You can make some things private so only you and the people helping you can see them.



Help with managing your **My Health Record**

You can choose someone you trust to help you manage your My Health Record. This is called a Nominated Representative.

This could be a family member or a close friend.

You can have more than one person help you.

You decide what they can see and do in your My Health Record.

You do not have to have someone help you manage your record.

It is your choice.



There are **3 types** of access for people that help you manage your record.

General access. This means the person that helps you can see almost everything. They cannot see the things you made private.

Restricted access. This means the person that helps you can see everything. This includes the things you made private.

Full access. This means the person that helps you can see everything. They can also add information to your record.

You can change your mind at any time.

You can change the access that the person that helps you has. You can add or delete people that help you manage your record.

For help go to the website myhealthrecord.gov.au
or call **1800 723 471**