





## Quick facts

**My Health Record** is the name of the national digital health record system. Having a My Health Record means your important health information like allergies, medical conditions and treatments, medicine details, and test or scan reports can be digitally available in one place.

**Healthcare providers** like doctors, specialists and hospital staff may be able to see it online from anywhere at any time when they need to, like in an accident or emergency.

**As more people** use the My Health Record system, Australia's national health system will become better connected. This will result in faster and more efficient care for you and your family.

If you have a My Health Record, your records will be available to you online after they have been uploaded by a healthcare provider. If you haven't already, talk to your GP and ask them to upload a Shared Health Summary. This is a document that summarises your important health information such as allergies and adverse reactions, medical history, treatments, medications and immunisations.

## Benefits of having a My Health Record

### Better access



Your important healthcare information will be available in one place that is easily accessible by your authorised doctors, specialists or hospitals.

Even if you move or travel interstate, the information can be viewed securely online.

My Health Record is mobile enabled so you can access your health information from a computer, tablet or mobile device. You control who can see it. Once it's set up, you don't need to do anything.

### Strong security



There are strict rules and regulations on who can see or use your My Health Record to protect your health information from misuse or loss.

### More convenient



You won't need to worry about having to remember and repeat your health history like medicines, details of chronic conditions, immunisations and the dates of recent tests with different or new healthcare providers.

The same goes for your children's health history including immunisations and medical tests.

### Improved safety



In a medical emergency, healthcare providers connected to the My Health Record system can see your health information to provide you the best possible care quickly.

You can list any allergies, adverse reactions and medical conditions you may have to help healthcare providers give you better advice and treatment.

### Privacy matters



#### We respect your privacy.

To create a My Health Record, we use information such as your name, date of birth and Medicare records. We collect this information from you, from Medicare and other government bodies.

Registered healthcare provider organisations such as general practices and hospitals will be able to access your My Health Record when providing healthcare to you. You can set access controls to restrict which healthcare provider organisations can see your My Health Record, or certain information and documents in it. However, you don't need to set access restrictions – only if you wish.

We do not disclose your information to anyone else, unless required or permitted by law.

More information about our privacy policy can be found at [myhealthrecord.gov.au/privacy](https://myhealthrecord.gov.au/privacy).