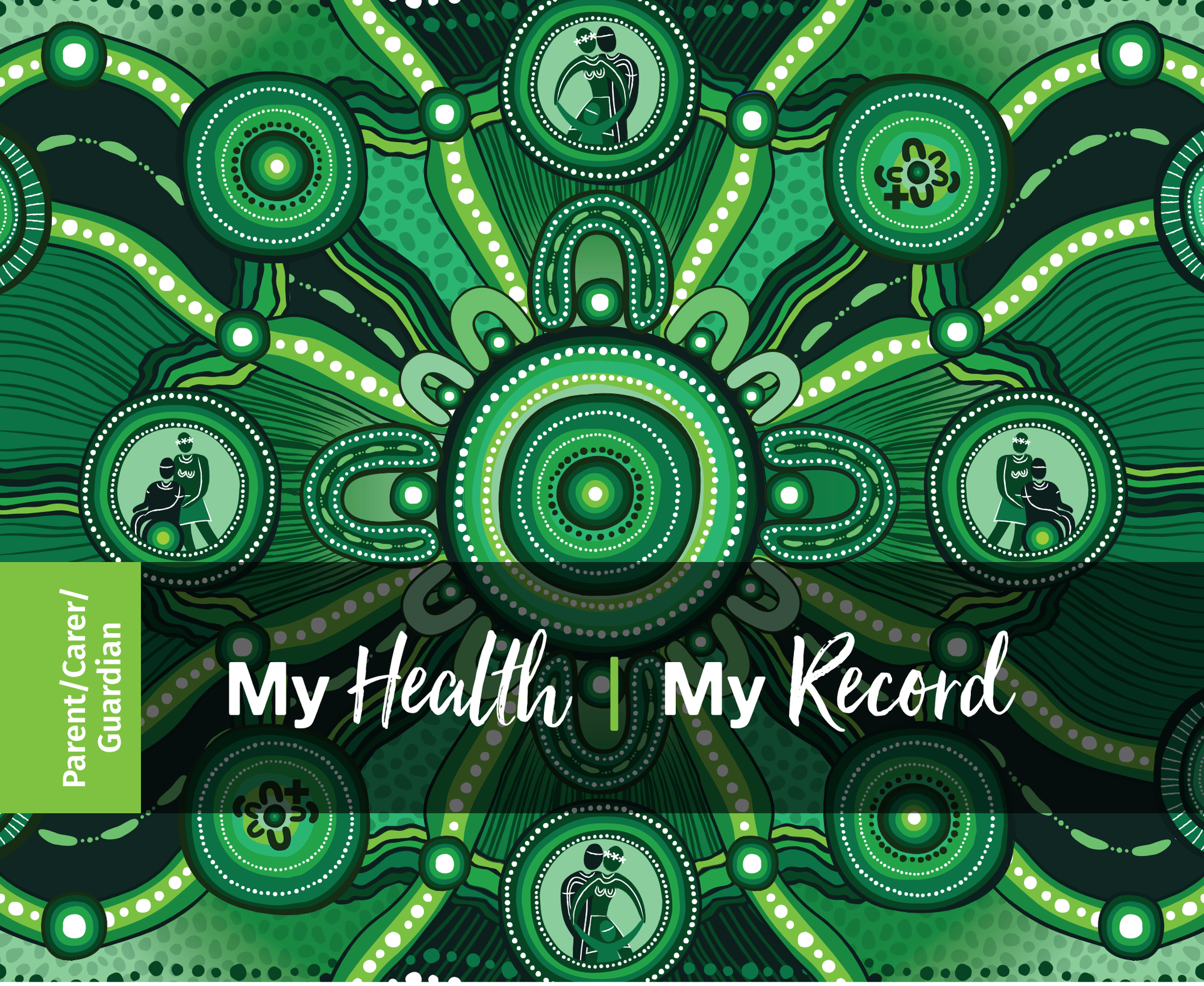


Parent/Carer/
Guardian

My Health | My Record

Australian Government
Australian Digital Health Agency

My Health Record

Aboriginal
Health & Medical
Research Council
of NSW



What is My Health Record & why have one?

My Health Record is an online summary of the health information of the person(s) in your care.

Right now, their health information is in different places, My Health Record helps you keep track of their health information, securely in one place.

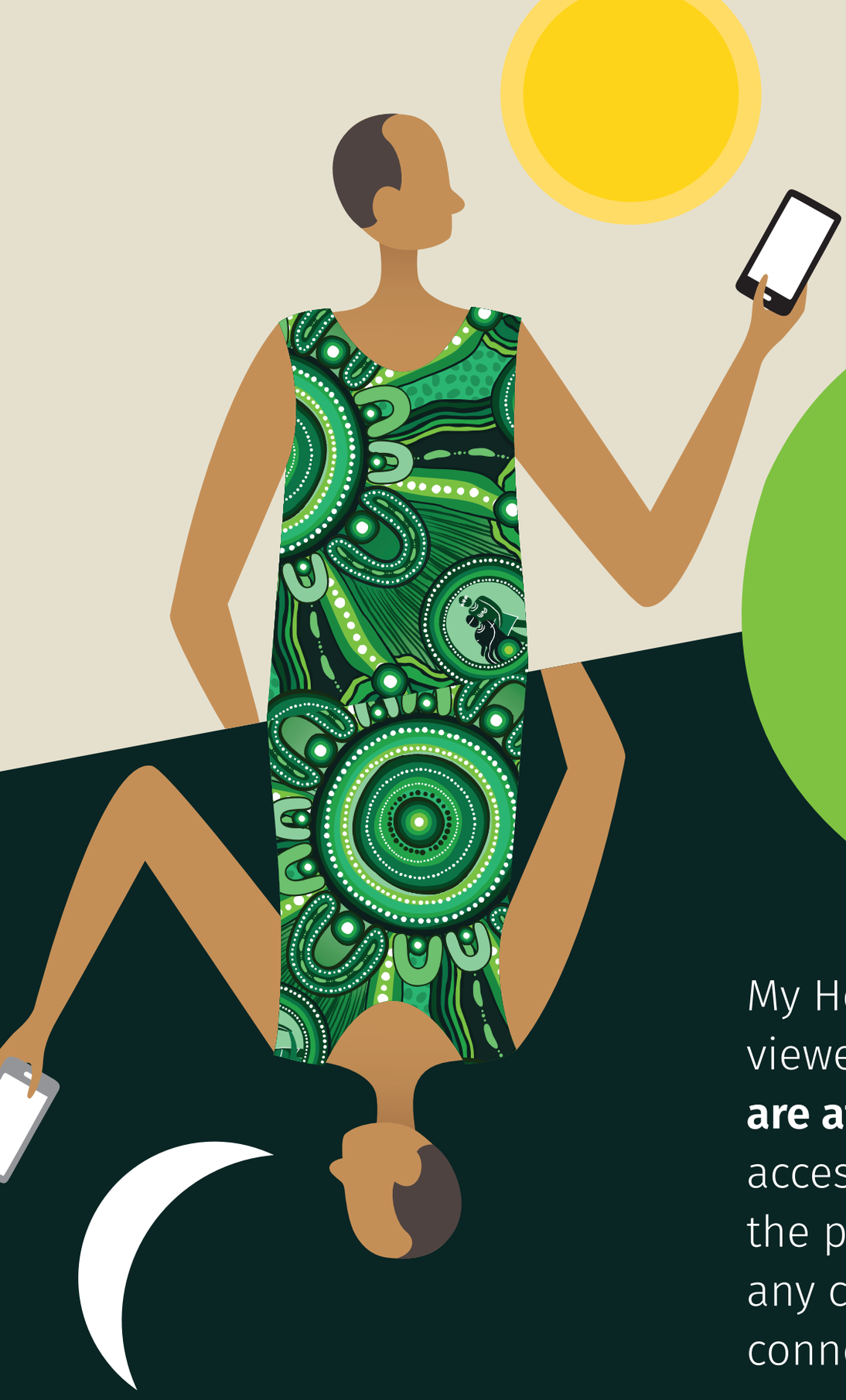
What is in My Health Record?



The My Health Record is not going to replace all healthcare records that are located at the local healthcare provider. Their My Health Record will have a copy of:

- **Scans & blood tests**
- **Discharge summaries**
- **Key health information**
- **Medication**

These will all be for you, the person(s) in your care and their healthcare provider to see. Their past medical records and test results may not be in it.



When can I access My Health Record?

My Health Record is able to be viewed **online anywhere you are at any time of day**. You can access health information about the person(s) in your care from any computer or device that's connected to the internet.

How can I access My Health Record

You can use myGov to look at the person(s) in your care My Health Record.

1. Go to **my.gov.au** to sign in to your myGov account
2. Select **Services**
3. Select **Link another service**
4. Select **My Health Record**

If you don't have a myGov account, you can set one up at **my.gov.au**.





If your person(s) in your care is under 14, or is an adult who lacks capacity to manage their own record, you can manage their My Health Record on their behalf as their **authorised representative**. As an authorised representative, you can look at and control their record, as if it was your own.

When can a child manage their own record?

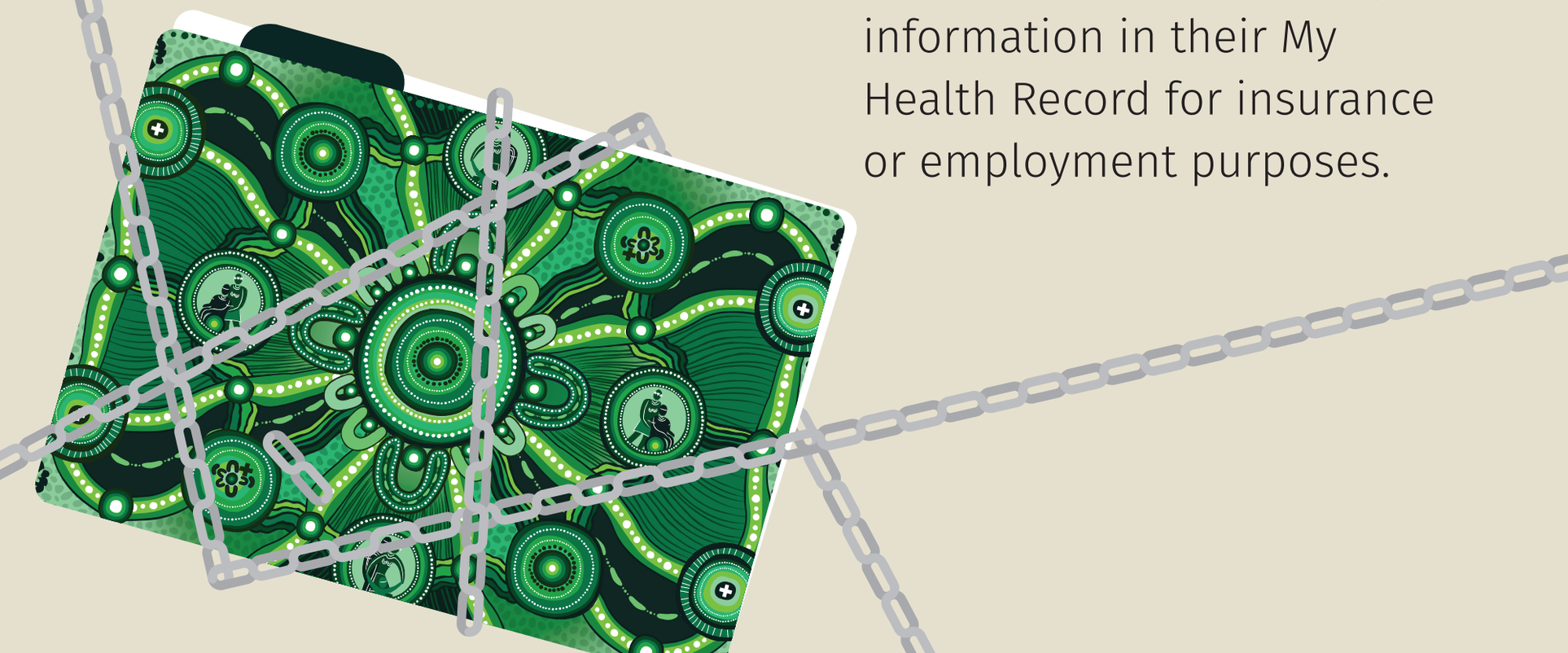


Once a **child turns 14**, they can manage their own record and their parents or guardians will no longer be able to look at it unless the child invites them to be a **nominated representative**.

What are the privacy levels in the My Health Record system?

If you want extra privacy for the health information of people(s) in your care, you can set a **Record Access Code** to restrict who can look at it. You will need to give the code to your healthcare provider for them to look at their record.

By law, no-one can look at, or ask the person in your care to tell them, any information in their My Health Record for insurance or employment purposes.





Can I protect the sensitive health information of the person(s) in my care?

If they/you don't want sensitive medical information added to their My Health Record, **let the doctor know** you don't want it uploaded. You are also able to delete documents from their record at any time.

Can I see who has looked at the record?



In the **Record Access History** of the person(s) in your care record, you can see which healthcare organisations have looked at the record and when. If you think someone has looked at their record when they shouldn't have, please call the Help line immediately on 1800 723 471.

Will I be notified when someone looks at their record?



You can choose to have an **email or SMS automatically sent** to you when a healthcare organisation looks at the record of a person in your care for the first time. If you get a message when a person in your care is not receiving medical care, please contact the Help line on 1800 723 471.

Original cover artwork

“Untitled”
Designed by **Carissa Paglino**

This artwork intends to help create a welcoming and culturally secure environment for Aboriginal and Torres Strait Islander patients using the My Health Record and receiving all forms of health care, through effective communication and a comfortable atmosphere. This artwork evokes themes of collaboration, community links, relationships, health and holistic care and conveys the feelings of connection, harmony and culture. This artwork also expresses the importance of stronger relationships with the Aboriginal community and their Healthcare Providers.

This booklet was developed in collaboration with AH&MRC and the Australian Digital Health Agency.

For more information visit **www.myhealthrecord.gov.au**