

# Your My Health Record – A guide for young people



**My Health Record is the Australian Government's digital health**



## **The My Health Record is controlled by you.**

You decide what gets uploaded, what stays on the record and who can see it.

### **Information in your My Health Record**

Your My Health Record includes information from your doctors and Medicare - and you can also add information yourself.

#### **Healthcare providers can add:**

- Information for your GP called a Shared health Summary
- Hospital discharge summaries
- Reports from scans and tests
- Medications
- Doctor referral letters

#### **Medicare can add:**

- Medicare information, such as visits to your doctor
- Immunisations
- Medicine information from the Pharmaceutical Benefits Scheme

- Organ donation information

#### **You can add:**

- Personal Health Notes
- Emergency Contact Details
- Indigenous status

### **Do I have a My Health Record?**

If you are under the guardianship or custody of the Chief Executive, a My Health Record will be created for you (if you do not already have one).

This is so your healthcare providers can provide you with better health care. It also makes it easier for you to see your medical history in the future.

To keep your information safe, a restriction is placed on your record while you are in care. Only a few Department for Child Protection staff and your healthcare providers will be able to see your record.

Having a My Health Record doesn't change the confidential relationship you have with your doctor.

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## Can I manage my own My Health Record?

When you turn 14, the My Health Record system automatically stops everyone from viewing your health record, other than your healthcare providers.

If you would like the Department for Child Protection to continue managing your record for you after age 14, this can be organised through your caseworker.

## I'm not 14 yet

If you are under 14 years of age, you can take control of your My Health Record by calling the Helpline on 1800 723 471.

You will need to provide a letter from a healthcare provider or a court that says you are a 'mature minor' who can manage your own health affairs.

## What can I do with My Health Record?

When you manage your own My Health Record, you can choose what information is there and who can see it. You can:

- add personal notes about specific issues
- set access controls to restrict who can and can't see your health information
- see what information your healthcare providers can see
- set up SMS or email notifications so you know when your healthcare providers access your record
- tell your healthcare provider that you do not want something uploaded to your record.

## How do I start managing my own My Health Record?

To start managing your My Health Record you will need to:

1. Create a MyGov account or sign into your existing MyGov account. You can do this by visiting <https://my.gov.au>.
2. Verify your identity using your Medicare number, name, address, birthday and gender. You might be asked questions about your Medicare enrolment and when you last went to the doctor.
3. Access and set up your My Health Record.

Your caseworker can help you with this or you can call the My Health Record Helpline on 1800 723 471.

## Can I cancel My Health Record if I don't want one?

If you are 14 years old or older, you can cancel your My Health Record at any time, and all information on it will be permanently deleted.

You can do this online at [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au), or by contacting the My Health Record Helpline on 1800 723 471.

If you change your mind, you can register for a My Health Record again later.

**If you have more questions, talk with your caseworker.**