

My Health Record: a quick guide for patients

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The My Health Record system is an Australian Government initiative. It is a national digital health record system, and means your important health information like allergies, medical conditions and treatments, medicine details, advance care planning documents, test or scan reports can be digitally available in one place. Healthcare providers (such as doctors, specialists or hospital clinicians) may be able to see your My Health Record online from anywhere at any time.

In an accident or emergency, healthcare providers connected to the My Health Record system can see your important health information to provide you with the best possible care in a timely manner. It means that you won't need to worry about having to remember and repeat your health history.

The information in your My Health Record is secure and protected by strict rules and regulations on who can see or use your My Health Record.

What you can add to your My Health Record

You are able to add personal health information to your My Health Record, including:

- information about any allergies and adverse reactions you may have
- emergency contacts and their details
- your personal health notes
- your advance care planning information (this records your wishes about your healthcare in the event that you are too unwell to communicate)
- information about other medicines or vitamins you might be taking, like over-the-counter medicines.

You can customise access to your My Health Record by setting access controls including limits on who can see your information, or cancel your record, at any time.

Access to your My Health Record

By default, when you register for a My Health Record you will give 'standing consent' for all registered healthcare provider organisations (such as general practitioners, pharmacists, hospital clinicians) to access and upload information to your My Health Record. Standing consent means that there is no requirement for a healthcare provider to obtain consent from you

prior to each time they view or upload a clinical document to your My Health Record. This means that unless you set access controls, your personal health information in your My Health Record may be disclosed to your authorised healthcare providers and your representatives (for example, if you have nominated a carer or family member to have access).

You can limit who can see your My Health Record or give restricted access to doctors, specialists or hospitals. You have a number of options available to manage the content and access to your My Health Record.

Note – by restricting access to your My Health Record, or removing documents, your treating healthcare provider may not have access to important health information required for your treatment / care.

Your child's records

The My Health Record has specific rules regarding record ownership and access for parents and legal guardians.

- Parents or legal guardians will control their children's record from 0 to 14 years (referred to in the My Health Record system as an Authorised Representative).
- After a child turns 14, they will be able to choose whether they wish to manage their own My Health Record. If a child chooses not to take control of their My Health Record between 14 and 17, their Authorised Representative (which may or may not be a parent) can continue to manage the child's record until they turn 18. Authorised Representatives will not be able to view the medical benefits scheme (MBS), pharmaceutical benefits scheme (PBS) or immunisation register details of children aged over 14.
- Once an individual turns 18, any representatives (Authorised Representative or Nominated Representative) are automatically removed from the individual's My Health Record. If an individual still wants their parent or guardian to view information in their My Health Record after they turn 18, they will need to set them up as a Nominated Representative.

For more information

For more information on the My Health Record visit www.myhealthrecord.gov.au, call the national helpline on **1800 723 471** or visit a **Medicare Service Centre**.

