

Do you provide care and support to family members or friends

with a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue or who are frail or aged?

My Health Record:

- ✔ supports and assists carers and those they care for to ensure better connected care;
- ✔ gives carers better oversight of healthcare services being provided;
- ✔ gives carers and their dependents the ability to see their prescribed medications and test results;
- ✔ gives carers the capacity to upload important health information including allergies and adverse reactions; and
- ✔ enables the carer to share the dependent person's health information with their healthcare providers.



“For the things I don't remember, I have it on the screen.”

Marnie
20-years-old,
Para Equestrian rider

“Think about the person you're caring for. They deserve to have a voice, if you can't be that voice 24/7, My Health Record can.”



Donna
Public health professional,
single mum of three and
carer to daughter Marnie.



“Be more actively involved in the healthcare of the person you care for.”

Sue Elderton
National Policy Manager,
Carers Australia

My Health Record forms the cornerstone of a safe, secure and better health system for all Australians.

To register someone you care for, or yourself, for a My Health Record:

 myhealthrecord.gov.au

 **1800 723 471**



Australian Government
Australian Digital Health Agency



My Health Record