



This Movember, be a **My Health Record Man**

Discussing your health concerns with your doctor, pharmacist or other healthcare provider can be difficult. My Health Record helps you to take greater control of your own health management.

In general, men see general practitioners (GPs) less frequently than women.

Younger men (aged <40 years) are less likely than women to visit a GP, and when they do attend, they tend to have acute illnesses, injuries and psychological problems.

In middle age (40–64 years) chronic conditions begin to emerge, particularly musculoskeletal morbidities.

For older men (>65 years), chronic conditions are predominant.*

Key benefits include:

- ✔ Your healthcare information is easily accessible by your authorised doctors, specialists or hospitals.
- ✔ When moving interstate or travelling, your information can be viewed securely online.
- ✔ In emergency situations, treating doctors can view current medications to provide the appropriate treatment quickly.
- ✔ Your important health information like allergies, medical conditions, treatments and pathology or diagnostic imaging reports can be viewed through one system online.
- ✔ You won't need to remember medicine names or dosages, or have to repeat your 'health story' whenever you see a new healthcare provider or clinician.
- ✔ Because healthcare providers have access to clinical information prepared and shared by other health professionals, they can have a more detailed picture with which to make clinical decisions, diagnose and provide treatment.
- ✔ Better patient and provider communication – particularly if you have a communication impairment or language barrier.

*Sources:
Harrison C, Britt H. General practice – Workforce gaps now and in 2020. Aust Fam Physician 2011;40(1–2):12–15. Search PubMed
Bayram C, Britt H, Kelly Z, Valenti L. Male consultations in general practice in Australia 1999–00. General practice series No. 11. AIHW Cat. no. GEP 11. Canberra: Australian Institute of Health and Welfare, 2003. Available at www.aihw.gov.au/publications/index.cfm/title/8389 [Accessed 28 January 2016].

To register for a My Health Record:

- 🌐 Go to myhealthrecord.gov.au
- ☎ Call **1800 723 471**



Australian Government
Australian Digital Health Agency



My Health Record



Nick's My Health Record Story

“It was a big wake-up call going into cardiac rehab and I was the youngest by 20 years. I ended up really thinking about my health and becoming more aware of my medical history.”

**Nick Morton,
Belt splicer and father**



“After spending four weeks in Queensland following my son's heart attack, caring for him and helping where I could; I returned to Victoria and immediately saw our family doctor to let him know what had happened. He was able to log onto My Health Record and pull up all of Nick's medical history. He could visualise the activity from when he was admitted and discharged from hospital in Townsville, to the follow-up appointments with Mackay Hospital and his local GP in Marian. It saved me a lot of stress and time.”

**Lisa Morton,
Mother to Nick and three other adult children**



“Nick verbally told me what had happened after his heart attack in Queensland, but he didn't have any hard copy details. He directed me to his My Health Record and I was able to access it and see his discharge summary and various reports.”

**Dr Nick Nicola,
Family GP to the Mortons**



Tiger's My Health Record Story

“I've had a triple bypass, got six stents, am a sugar diabetic type 2, my kidneys are on fail point, got arthritis pretty bad, some of my bones are now bone-on-bone, and have gout, reflux, and emphysema. Having a My Health Record is the only way to keep track of everything!”

**Tiger Corrigan,
72 years-old, suffers from multiple chronic conditions**



“Tiger visits a lot of different specialists – cardiologists, urologists and endocrinologists – so there's complex issues that need to be managed. Often, those specialists don't communicate with each other. By using My Health Record, important information is brought together so there's a coordinated approach to his care.”

**Dr Ron Malpass,
Practice owner and GP to Tiger Corrigan for 30 years**