



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

Discussing your healthcare worries and issues 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.

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

For more information or to register for a My Health Record:  
🌐 Go to [myhealthrecord.gov.au](https://myhealthrecord.gov.au) 📞 Call **1800 723 471**



**Australian Government**  
**Australian Digital Health Agency**



My Health Record