



Older Australians

My Health Record

My Health Record is a secure online summary of your health information. You can control what goes into it, and restrict who is allowed to access it. You can choose to share your health information with your doctors, hospitals and other healthcare providers.

My Health Record can provide many valuable benefits for older Australians including:

- Your important healthcare information is available in one place and easily accessible by your doctors, specialists or hospitals.
- When moving interstate or travelling, the information can be viewed securely online.
- In emergency situations, treating doctors can view information such as current medications and Advance Care Plans to provide the appropriate treatment quickly.
- You don't need to remember the dates of tests or medicine names or dosages as you can access them online through the My Health Record website.
- Because healthcare providers have access to clinical information prepared and shared by other health professionals, they may have a more detailed picture with which to make clinical decisions, diagnose and provide treatment.

How will My Health Record help me recall details about the medications I've been prescribed?

A Prescription and Dispense View is available as part of your My Health Record and makes the prescribing and dispensing of medication a safer, more effective part of healthcare.

The Prescription and Dispense View shows details of the medications you have been prescribed, including the brand name and the dose of the medication.

I travel a lot. How will My Health Record keep up with me?

Your My Health Record is an online electronic record so, any doctor, nurse or healthcare provider who is authorised by a Healthcare Provider Organisation participating in the My Health Record system can quickly access your record to view, update or input information about your care.



How will My Health Record help if I cannot remember all of my medical information?

You can ask your doctors, nurses and other authorised healthcare providers at participating Healthcare Provider Organisations to add information so you will not need to remember all the details yourself, or need to carry your medical documents around with you.

Will staff or carers at aged care facilities be able to access My Health Record?

The My Health Record system allows you or your Authorised Representative, to determine which Healthcare Provider Organisations can access their record. If the aged care facility is registered with the My Health Record system and you haven't restricted their access, then authorised doctors, nurses and other healthcare providers within the organisation will be able to access your My Health Record.

What is an Authorised Representative?

A person who is nominated to manage a My Health Record on someone else's behalf is called an Authorised Representative.

An Authorised Representative can be someone who is authorised by law or someone who is an appropriate person to act on their behalf.

Advance Care Planning: Can I upload my wishes in the case I become very ill and can not communicate?

My Health Record allows you to provide a copy of your Advance Care Plan document so if important decisions have to be made about your medical treatment and you were not in a position to communicate, your authorised healthcare professionals can view this and act appropriately.

Ray and Lorraine Gardner have been travelling vast distances through rugged terrain in Australia. Between them, they have a range of chronic health conditions – diabetes, melanoma, a back fusion, nerve operation and a penicillin allergy – so being prepared and having access to their health records is invaluable.

They signed up for My Health Record in 2012 as they were setting off in their motorhome for the first time. They wanted GPs and pharmacists to be able to access their records no matter where they were in Australia.

“ Before setting off, we check our motorhome for mechanical issues, top up our food and water supplies, and check to see if our My Health Record is up-to-date. ”

Ray, 71-years-old



“ With My Health Record, you don't need to worry about remembering your health history when you visit different GPs. Our health history travels with us. It gives us peace of mind so we can continue to enjoy the journey. ”

Lorraine, 71-years-old

To register for a My Health Record:

🌐 Go to myhealthrecord.gov.au

☎ Free call **1800 723 471**

[call charges apply from mobile phones]

