



My Health Record

Should you use it?

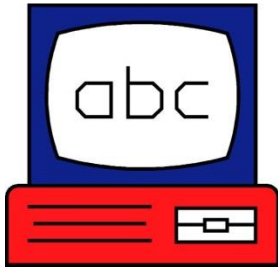
Hard words



This booklet has some hard words.

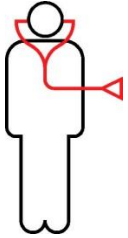
The first time we write a hard word

- the word is in **blue**
- we will write what the hard word means.

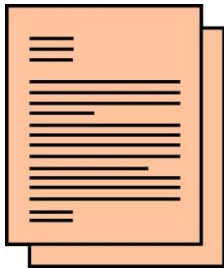


This factsheet is about **My Health Record**

My Health Record is somewhere that has information about your health.



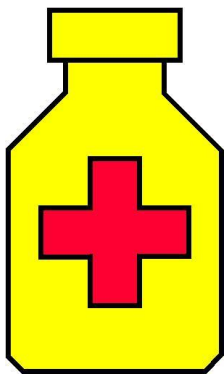
This information might be



- letters from your doctor

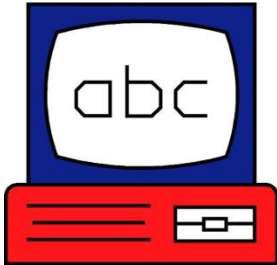
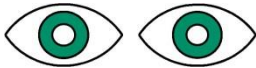
- results from blood tests

- pictures from x-rays



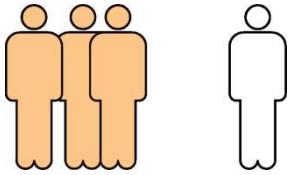
- medicines you take

Good things about My Health Record

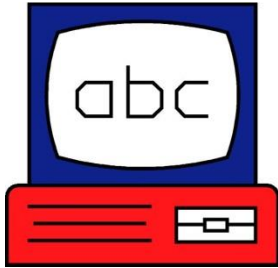


- your doctors can talk to each other
- you can see information that is about you
- all your information is in one place

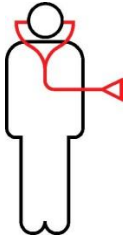
Bad things about My Health Record



- someone else might see your health information

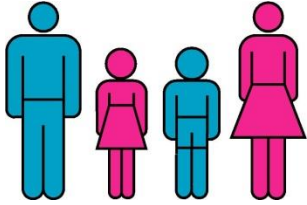


- you can only see it online

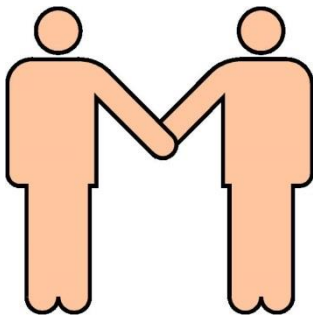


People you should talk to about My Health Record

- your doctor

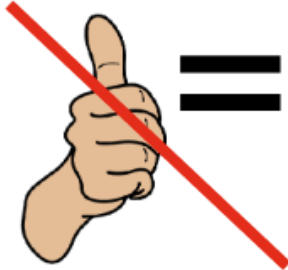


- your family

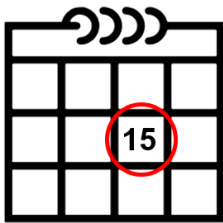


- anyone else that helps you

If you decide you don't want to use My Health Record, you can **opt out**



Opt out is where you say you don't want to do something



If you choose to opt out, you need to tell My Health Record **before** Thursday 15 November 2018.



You should call 1800 723 471 if you want to opt out