



My Health Record **STAY IN OR OPT OUT?**

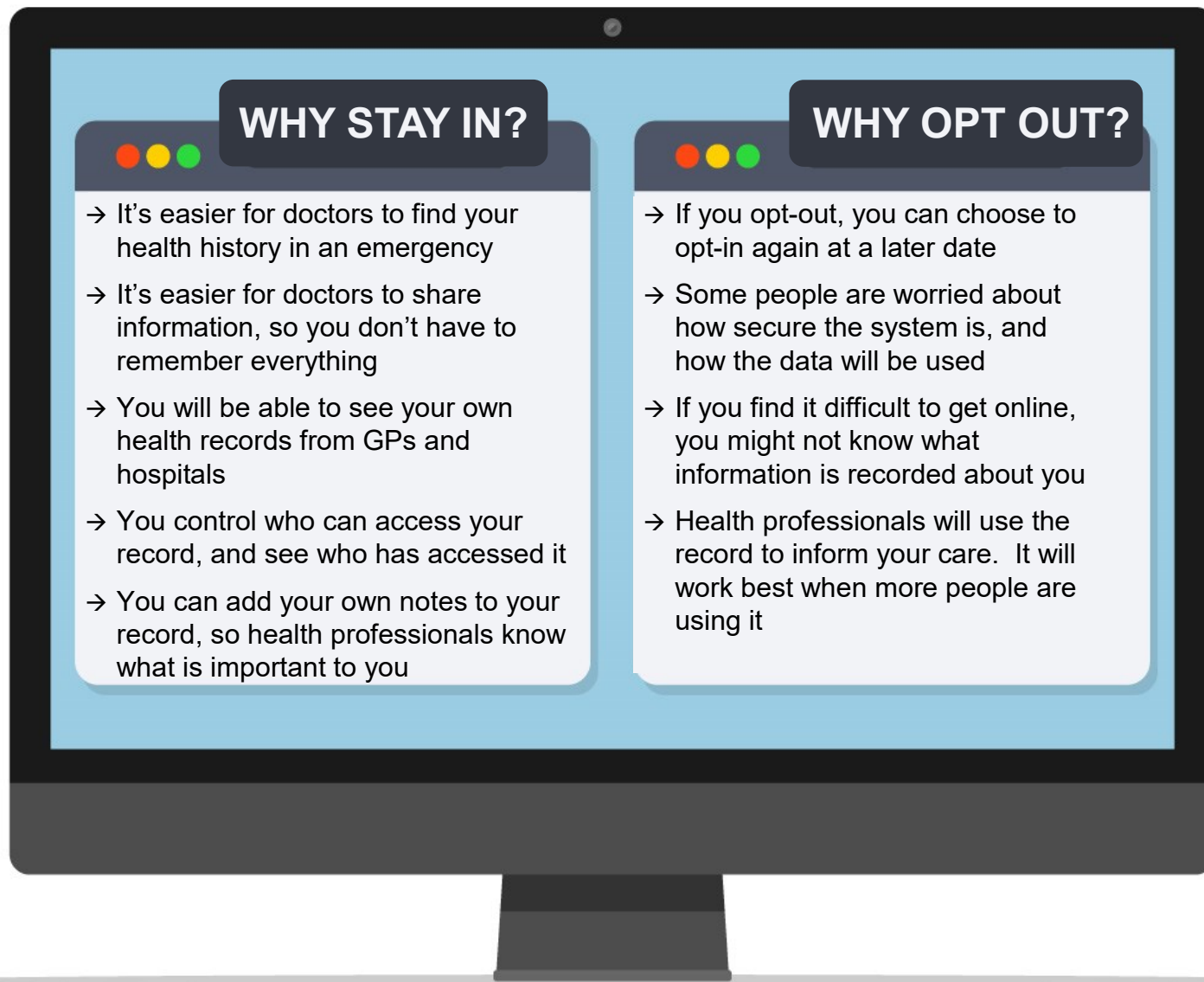
My Health Record is a digital health record for you to view and manage your important health information.

Having a **My Health Record** means you, your family, your supporters and your health care professionals can access your health information from anywhere at any time.

The record link is found in the myGov government portal. You and the health professionals that look after you can add information to it.

A **My Health Record** will be created for you at the end of 2018 unless you tell them you do not want to have one (opt-out) by 15 November 2018.

When making this decision talk to family members, friends, your regular doctors and other people who support you about what is best for you.



IMPORTANT

If you decide to opt-out, record your choice at www.myhealthrecord.gov.au or call 1800 723 471



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