Are you 14 or over?
You can manage your own health information

What is My Health Record?

My Health Record is an online summary of your health information. When you have a My Health Record, you can look at your health information securely online from anywhere, at any time from any device that's connected to the internet.

My Health Record brings together health information from you, your healthcare providers and Medicare. This can include details of your medical conditions and treatments, medicines, allergies, and test or scan results, all in one place.

You decide what information is in your record and who is able to look at it.

When you turn 14, your parents or guardians will no longer have access to your My Health Record. This means you have privacy and control over who can see your private health information.

If you decide you want help from a parent or guardian, you can invite them as a nominated representative.

When you are under 14

Up to the age of 14, your parents or guardians manage your record for you. They can look at your record and see information about you uploaded by your doctor and Medicare. They can also see your medical tests and medicines, add and delete information, and set extra privacy controls in your record

Manage your own record

Once you turn 14, you can manage your own record and your parents or guardians will no longer have access to it. If you still want them to have access, you can invite them to be your nominated representative.

To find out more, go online to MyHealthRecord.gov.au and search 'Manage your record from age 14'.

Steps to manage your own My Health Record

To manage your My Health Record, you will need to:

1. Go to my.gov.au to sign in to your myGov account.

2. Select 'Services'.

3. Select 'Link another service'.

4. Select 'My Health Record'.

5. Verify your identity using your Medicare card information, name, address, date of birth and gender. You may be asked questions such as the date of your last doctor's visit.

If you need assistance to set up your My Health Record, you can call the Help line on **1800 723 471** *(free from most mobile carriers)*.

If you don't have a myGov account, you can set one up at my.gov.au. You will need to verify your identity to set up a myGov account.

Where do I find my Medicare number?

If you are on your parent or guardian's Medicare card, your Medicare number will be on the card. You will also need to know your Individual Reference Number, which is the number that appears next to your name on the card.

If you are 15 years or older, you may already have your own Medicare number and card. If you don't know your Medicare number, contact Medicare on 132 011 so they can give it to you.

What information is in My Health Record?

Depending when your record was first created, there may be a lot of information in it or very little. There may be at least two years of Medicare information for your doctor's visits, medicines and immunisations.

There may also be medical documents uploaded by a doctor, nurse or hospital, medicine dispense records uploaded by a pharmacist, or test results uploaded by a hospital or pathology lab. You can choose to delete information from your record or set extra privacy controls to restrict who can see it.

Can I control who sees my health information?

Once you start managing your own record, you can set extra privacy controls to restrict which healthcare providers can look at your record. You can also delete documents and Medicare information from your record at any time, or set privacy controls to restrict who can see them.

In an emergency, your access controls can be temporarily turned off. This means the healthcare providers looking after you can see your emergency contact information, and your allergies, medicines and immunisations. This helps them give you safer treatment and care.

To find out more, go online to MyHealthRecord.gov.au and search 'Control access to your record'.

What if I don't want certain information added to my record?

If you don't wish to have certain information added to your record, you can let your doctor, nurse or pharmacist know you don't want it uploaded to your My Health Record. You can delete documents from your record at any time or set extra privacy contols to restrict who can see it.

If you are concerned about information being added to your record that your parent or guardian might see, let your doctor, nurse or pharmacist know you don't want it uploaded to your My Health Record.

I don't have a My Health Record, how do I get one?

If you don't have a My Health Record, you can register for one at any time at MyHealthRecord.gov.au.

Find out more about My Health Record:
MyHealthRecord.gov.au | **Help line 1800 723 471** | Or talk to your doctor