

# Understanding My Health Record: Factsheet for young people

*Information about managing the My Health Record of children and young people in care.*



Government  
of South Australia

Department for  
Child Protection



My Health Record is the Australian Government's digital health system. It keeps all your health information in one place, and you can access it from any computer or device connected to the internet.

## **Your My Health Record is controlled by you.**

You decide what gets uploaded, what stays on the record and who can see it.

## **Information in your My Health Record**

Your My Health Record includes information from your doctors and Medicare - and you can also add information yourself.

### **Healthcare providers can add:**

- Information for your GP called a Shared Health Summary
- Hospital discharge summaries
- Reports from scans and tests
- Medications
- Doctor referral letters

### **Medicare can add:**

- Medicare information, such as visits to your doctor
- Immunisation
- Medicine information from the Pharmaceutical Benefits Scheme
- Organ donation information

### **You can add:**

- Personal Health Notes
- Emergency Contact Details
- Indigenous status

## **Do I have a My Health Record?**

If you are under the guardianship or custody of the Chief Executive of the Department for Child Protection, a My Health Record will be created for you (if you do not already have one).

To keep your information safe, a restriction is placed on your record while you are in care. Only a few Department for Child Protection staff and your healthcare providers will be able to see your record.

Having a My Health Record doesn't change the confidential relationship you have with your doctor.

## **How does it help?**

Having a My Health Record helps your health care providers have information that means they can give you better health care. It also makes it easier for you to see your medical history in the future.

A My Health Record is particularly useful to keep track of information if you:

- have complex health issues
- see multiple health care providers
- change your address.

## **Can I manage my own My Health Record?**

If you are under 14 years of age, you can take control of your My Health Record by calling the Helpline on 1800 723 471.

You will need to provide a letter from a healthcare provider or a court that says you are a 'mature minor' who can manage your own health affairs.

When you turn 14, you will be able to start managing your own My Health Record and the My Health Record system will automatically stop everyone from viewing your health record, other than your healthcare providers.

## How do I start managing my own My Health Record?

To start managing your My Health Record you will need to:

1. Create a MyGov account or sign into your existing MyGov account. You can do this by visiting <https://my.gov.au>.
2. Verify your identity using your Medicare number, name, address, birthday and gender. You might be asked questions about your Medicare enrolment and when you last went to the doctor.
3. Access and set up your My Health Record

Your caseworker can help you with this or you can call the My Health Record Helpline on 1800 723 471.

More information can be found at

<https://www.myhealthrecord.gov.au/for-you-your-family/howtos/manage-your-record-from-age-14>

## Can I cancel My Health Record if I don't want one?

If you are 14 years old or older, you can cancel your My Health Record at any time, and all information on it will be permanently deleted.

You can do this online at

[www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au), or by contacting the My Health Record Helpline on 1800 723 471.

If you change your mind, you can register for a My Health Record again later.

## What can I do with My Health Record?

When you manage your own My Health Record, you can choose what information is there and who can see it. You can:

- add personal notes about specific issues
- set access controls to restrict who can and can't see your health information
- see what information your healthcare providers can see
- set up SMS or email notifications so you know when your healthcare providers access your record
- tell your healthcare provider that you do not want something uploaded to your record.

### Where can I learn more?

More information about My Health Record is available at [myhealthrecord.gov.au](http://myhealthrecord.gov.au) or by contacting the My Health Record helpline on 1800 723 471.

If you have more questions, you can talk to your case worker.

