

**My Health Record –
information to help you
make your decision whether
to opt out or not**



Easy English

Meaning of some words



This book has some words that you may not have seen before.

Opt out	choose not to be a part of something
Deadline	the date something must be done by
Security settings	the settings that say who can see what record
Implications	things that may happen if you are involved in something
Circumstances	the facts of your personal situation
On-line	on the internet
Statutory Health Attorney	Someone with automatic authority to make healthcare decisions for you

About this Information

This year, the Commonwealth Government will create a My Health Record for you unless you opt out.



This information will help you think through the things you need to weigh up so you can make the right decision.

An important date is 15 November 2018. If you do not want a My Health Record you need to let the government know by this date

Three really important facts you need to know

1. A My Health Record will be set up for you by the end of 2018.
2. You will get a My Health Record unless you opt out by 15 November 2018.
3. You need to decide if you want a My Health Record.

What is My Health Record?

This is your personal health information.



This will be kept on-line.

Healthcare professionals can add:

- Information from your doctor about what medications you take.
- Hospital letters.
- Reports from scans and blood tests.
- Referral letters from doctors.

Medicare information can be added to your record.

This can be taken off if you do not want it there.

You can add your:

- Emergency contact numbers.
- Medications you take.
- Allergy information.

How will My Health Record help you?

Your healthcare provider will have a clear and complete record of your tests, medicines, and treatments.



This means you do not have to record this information yourself.

You will have a central record of your medical history.

This means you do not need to remember all of your health information.

Your history is available to health professionals in a medical emergency.

Things to think about before you make your decision



Statutory Health Attorney

If you have someone who helps you make decisions about your healthcare, they may be your Statutory Health Attorney.

It is always a good idea to discuss your healthcare related decisions with them.

Security



You can decide who can see certain health information about you

You can allow certain people (like family members, the pharmacist or doctor) to see certain information about you

You can set the security settings in your My Health Record or you can get help from someone you trust

Keeping your record up to date

You need to keep your Record up to date online or by calling 1800 723 471

You can update information like your address, phone number and health records

If you think you need help to do this, you may need to think about who can help you.

Sensitive health issues or sensitive life circumstances

If you have a health issue or life circumstance which you don't want all medical professionals you come in contact with to know about, you may want to think about what could happen if you share your health information in your My Health Record.

Changing your mind about your decision

Whatever decision you make, can be changed later.

If you do not opt out, but later decide that you no longer wish to have a My Health Record, you can choose to have your record deleted.



Cancelling your record will permanently delete your My Health Record.

More information

You can get more information [here](#) about other things to consider for:

- Young people
- Domestic and family violence
- Government access to your records
- Secondary use of data



If you can say yes to both of the statements below you are probably ready to make a decision



- I understand the risks and benefits of having or not having a My Health Record
- I understand how this decision personally affects me

If you cannot say yes to the above questions then you probably need more advice and support to make this decision.

You can get help at myhealthrecord.gov.au or on the helpline 180 723 471

If you have made a decision, what do you need to do?

If you want a
My Health
Record



You do not
need to do
anything

If you do not
want a My
Health Record



You must tell the Government by **15 November 2018**. You can tell the government by phoning the Helpline on 1800 723 471 or going to their website at www.MyHealthRecord.gov.au

You will need:

- your Medicare Card, or Department of Veteran's Affairs (DVA) card, and
- one of the following forms of Australian identification:
 - your driver licence; or
 - your passport; or
 - your ImmiCard

If you need more information

You can get help at www.myhealthrecord.gov.au or on the helpline 180 723 471

You can call QDN on 1300 363 783 or email us at qdn@qdn.org.au



This information sheet is based on the longer version developed by Health Consumers Queensland. You can read it here: www.hcq.org.au