



# Information for 14–17 year olds about My Health Record

## What is My Health Record?

My Health Record is an online summary of your key health information. Over time, My Health Record will bring together health information such as medical conditions, medicines, allergies and test results in one place.

Your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate. You can access your health information from any computer or device that's connected to the internet. Registered healthcare providers involved in your care can access your health information, which helps them to make clinical decisions.

Having a My Health Record does not change or affect in any way the confidential relationship you have with your healthcare provider regardless of your age.

## Who controls a My Health Record?

If you are under 18, your parent or guardian can:

- ◆ register you for a My Health Record if they want you to have one; or
- ◆ opt you out of a My Health Record if they don't want you to have one; and
- ◆ view and manage your My Health Record (other than your Medicare information).

From the age of 14, you can take control of your record. This means your parent or guardian will no longer be authorised to act on your behalf. But if you wish, you can make them your nominated representative.



## Take control of your own record

Once you turn 14, you can take control of your My Health Record from your parent or guardian. If you don't already have a record, you can choose to register for a My Health Record in your own right. To take control of your My Health Record online, you will need to:

- ◆ Create a myGov account or sign in to your existing myGov account. You can do this by visiting [my.gov.au](https://my.gov.au).
- ◆ Verify your identity using your Medicare number, name, address, date of birth and gender. You may be asked questions about your Medicare enrolment and the timing of your last doctor's visit.
- ◆ Access and set up your My Health Record.

Alternatively, you can call the Help line on 1800 723 471. The Help line is free from most mobile carriers.

If you are under 14 years old, you can take control of your My Health Record by calling the Help line on 1800 723 471. You will need to provide a letter from a healthcare provider or a court stating that you are a 'mature minor' who can manage your own health affairs.



For more information go to:

**MyHealthRecord.gov.au** Help line 1800 723 471



## Where do I find my Medicare number?

If you are on your parent's Medicare card, your Medicare number will be on your parent or guardian's Medicare card. You will also need to tell us what number you are on the card (Individual Reference Number). If you are over 15 years old, you may have your own Medicare number. If you can't find your Medicare number, contact Medicare on 132 011 who can provide it to you.

## You can choose who can access your My Health Record

### Nominated representatives:

You may want to allow someone else to have access to your My Health Record, such as a carer, family member or trusted friend.

If so, you can appoint them as your nominated representative. All nominated representatives must act according to your will and preferences, and you can provide them with one of the following types of access:

- ◆ General access – view all documents, except those you have marked as restricted.
- ◆ Restricted access – view all documents, including those you have marked as restricted.
- ◆ Full access – view all documents and make additions to your My Health Record.

## Privacy – how you can control what's in your My Health Record

There are a number of privacy settings you can choose to set which will restrict access of who can see your My Health Record and what's in it. You can set these controls by logging into your My Health Record, or by calling the Help line on 1800 723 471.

If you don't want a clinical document or test results added to your My Health Record, make sure you tell your healthcare provider that you do not want it uploaded to your record.

## What information is available in my record?

The health information in your record depends on who is in control of the record.

### When you are in control

You can choose what information is included within your record. Documents will be uploaded by healthcare providers and there will be up to two years' past Medicare claims data (doctor's visits) and PBS claims data (prescribed medications) and immunisations from the Immunisation Register.

You can choose to remove the Medicare, PBS and immunisation information from your record, and you can hide clinical documents or restrict who can access them.

### When your parent or guardian is in control

If your parent is in control of your My Health Record, once you turn 14, no new Medicare data, PBS data or immunisation information will be added to your record.

However, clinical documents uploaded by a doctor, medicine dispense records uploaded by a pharmacist, or test results uploaded by a pathology lab will still be visible if your parent is in control of your record.

## When you are 18

If you haven't already taken control of your My Health Record, when you turn 18 years old, the access of all authorised representatives, such as your parents, will be cancelled automatically by the System Operator.

You will be sent a letter notifying you that your authorised representatives will no longer be able to access your My Health Record when you turn 18 years old and encouraging you to take control of your My Health Record.



For more information go to:

**MyHealthRecord.gov.au**  
Help line 1800 723 471