**Your Important Health History Can Now Travel with You**

The Australian Government is giving everyone in the Blue Mountains, Hawkesbury, Lithgow and Penrith areas a My Health Record - a secure, online digital health record.

My Health Record means you won’t have to remember what medications you take and you **won’t have to keep telling your health story over and over.**

My Health Record **travels with you wherever you go** around Australia. If your doctor, nurse or health worker has internet access, with your consent they can look at your health story whenever they need to.

Healthcare providers such as doctors, specialists and hospital staff will be able to access it when they need to, like in the case of an accident or emergency.

The My Health Records will be created in mid-June and from mid-July healthcare professionals will be able to start uploading information into them. People are able to opt-out of having a My Health Record if they wish.

To find out more information about My Health Record, visit [myhealthrecord.gov.au](file:///%5C%5CNBMML-FSCDATA%5CFSCDATA%5CDATA%5CFOLDERS%5CMarketing%20and%20Comms%5CNBMPHN%20Marketing%5CMy%20Health%20Record%5CComms%20Health%5CFinal%20Content%20Packs%5Cmyhealthrecord.gov.au) or call 1800 723 471.

