**No Need to Remember Your Health History When Visiting Healthcare Professionals**

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.

Your My Health Record will be a comprehensive record of your health, so you **won’t have to worry about having to remember and repeat your health history** like medicines, details of chronic conditions, allergies and dates of recent tests.

**A My Health Record also** **allows others to be involved in your care, like a carer or family member,** to view and even manage the information on your My Health Record.

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.

