**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.

When you’re being seen and treated by different healthcare providers, My Health Record **makes it easier** for the **health professionals involved in your care to make decisions,** about your care.

My Health Record travels with you, so you **don’t need to worry about remembering and repeating** all of your medical history.

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:///\\NBMML-FSCDATA\FSCDATA\DATA\FOLDERS\Marketing%20and%20Comms\NBMPHN%20Marketing\My%20Health%20Record\Comms%20Health\Final%20Content%20Packs\myhealthrecord.gov.au) or call 1800 723 471.

