**Access and Control Your Important Health History**

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 that you **won’t have to continually repeat your sensitive medical history** to every new healthcare professional you see.

My Health Record will give you **more control** over your health information. You can **choose which healthcare organisations can see particular documents** and make decisions about which documents are included.

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.

