

# Your Child's Important Health History, in One Place.



- If you live in the Blue Mountains, Lithgow, Hawkesbury or Penrith you and any dependants listed on your Medicare card, or individuals for whom you are the nominated carer will have a My Health Record automatically created, but if you don't want one, just let us know.
- My Health Record is a summary of your important health information - medical conditions, medications, allergies and immunisations.
- My Health Record is **safe, secure** and **protected by law** – you control your record and who sees it.
- You can apply to access and manage your child's My Health Record online. When your child is over the age of 14 years old, they can apply to manage their own record.

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To let us know or to find out more, visit  
[www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au), call **1800 723 471**  
or visit a **Medicare Service Centre**

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