About My Health Record

What is My Health Record (MHR)?

MHR is a digital summary of some of your health information. This document will help you understand what that information is.

It's designed to give you access to and control over your health information. It's also designed to help your healthcare providers access important health information, such as:

- allergies
- medicines you are taking
- medical conditions you have been diagnosed with
- pathology test results like blood tests, STI checks
- mental health treatment plan
- shared health summaries.

Find out more: https://www.myhealthrecord.gov.au/for-you-your-family/what-is-my-health-record

Who gets a MHR, and how do I access and control it?

The Government will automatically create a MHR for every Australian from 31 January 2019. If you don't want a MHR you will need to opt out before this date. You can always choose to cancel your MHR at any time if you change your mind.

https://www.myhealthrecord.gov.au/for-you-your-family/howtos/cancel-my-record

The process for creating and controlling your MHR changes depending on your age. If you are:

12-13 years old:

- Mostly, only your parent or guardian can access and control your MHR. They can do this by following the process on the MHR website. https://www.myhealthrecord.gov.au/for-you-your-family

- If you want to take personal control from your parents, you can only do this by calling the MHR Help line on **1800 723 471**. You will also need help from your **headspace** worker to do this.

14-17 year olds:

- Once you turn 14, you can control your own MHR. It may be that you need to take control of your MHR from your parent or guardian (if they have linked with yours already).

- To take control of your MHR, you will need to:

  - Create a myGov account or sign in to your existing myGov account. You can do this by visiting my.gov.au. myGov gives you an ID to log in to MHR.

  - Verify your identity using your Medicare number, name, address, bank account, date of birth and gender. You may be asked questions about your Medicare information and the timing of your last doctor's visit. You can ask your **headspace** worker to assist you to do this.

– Access and set up your My Health Record.

– Alternatively, you can call the Help line on **1800 723 471**. The Help line is free from most mobile carriers.

It is important to note that:

- If you are under 18 years old, your parent or guardian will have the opportunity to access your private health information - if they choose to activate your MHR and link it to theirs.
- If you don't want this to happen, you need to:
  - Log in and set permission controls.
- You could also choose to:
  - Opt out.
  - Cancel your MHR.
- If you need help to talk with your parents about this, please ask your **headspace** worker.

If you cancel your MHR, all health information will be permanently deleted. Only the most basic information (such as your full name and cancellation date) will be retained in case you request this information at a later time.

headspace encourages young people to include their family in their health care, and we know that this can have many advantages for both young people and their families. We also acknowledge that this is not always what young people want, and that they have the right to choose how and when this happens. This information is designed to assist young people to make this choice.

18+ year olds:

- To access, control and set permissions to your MHR, visit https://www.myhealthrecord.gov.au/
- Once you turn 18, parental or guardian access to your MHR automatically stops, unless you go into your MHR to give them permission to access it.

What information about my previous health care will be in MHR?

A lot of your previous medical history (such as older medical reports) will not be available within your new MHR.

What will be included is: Up to 2 years of your past Medicare data.

What is Medicare data?

- Anything you've used your Medicare card for (eg: a visit to your GP, blood test, Mental Health Care Plan), including any medication you've been prescribed.
- Medical information if you have been in the Department of Veterans' Affairs (eg: Defence Force, Federal Police).
- Organ donation decisions
- Immunisations that are included in the Australian Immunisation Register.

Can I opt out?

Yes.
https://www.myhealthrecord.gov.au/for-you-your-family/opt-out-my-health-record

Everyone can opt out, and it will not affect your access to health care in any way. The process for opting out changes depending on your age. If you are:

12-13 years old:

- Mostly, only your parent or guardian can opt you out by following the process on the MHR website. https://www.myhealthrecord.gov.au/for-you-your-family/opt-out-my-health-record
- If you want to opt out, you can only do this by calling the MHR Help line on **1800 723 471**. You will also need help from your health care provider.

14+ year olds:

- If you don't want a MHR, you can opt out before 31 January 2019 by following the process on the MHR website, or you can call the Help line on **1800 723 471**.
- You can also choose to close your account at any time.

headspace is not encouraging you to opt in or out of MHR. **headspace** is working to ensure you have access to the information you need, to help decide what might be right for you.

What happens if I do nothing?

If you do nothing, a MHR will automatically be created for you from 31 January 2019.

For everyone, regardless of your age, this means that:

- You will have a secure online summary of your key health information (medicines, anything you've used your Medicare card for, pathology, diagnoses).

- Any health professionals involved in your care may assume that you are aware that you have a MHR, and that you give them permission to view your MHR and add information when relevant.

Some other things will change for you, depending on your age. If you are:

12-13 years old:

- Your parent or guardian will become the automatic **Authorised Representative (AR)**. This means that they will control your MHR and set permissions for access.

14-17 years old:

- Your parent or guardian will be able to access and control your MHR if they choose to link yours to theirs. If you don't want this to happen refer to "Who gets a MHR, and how do I access and control it?" detailed on page 1.

What future information will be entered into MHR?

The amount of information entered into your MHR in the future will depend on what you choose to do:

1. **If you do nothing**, and do not talk with your future health providers about your MHR, then:

   - Anything you use your Medicare card for (including: medications, blood tests, diagnoses, mental health care plan) will be included in your MHR.

   - Any health professionals involved in your care (eg: your **headspace** counsellor or GP) may assume that:

     – You are aware that you have a MHR

     – You give them permission to view your private health information

     – You give them permission to add information that they deem relevant (eg: care plan, care summary).

2. **If you actively manage your MHR** you will have a high level of control over what information is entered. Actively managing your MHR means that you can:

   - choose which historical Medicare detail is included

   - ask your health provider not to enter information into your MHR. They must respect your decision.

   - delete any health summaries or events in your MHR.

   - add your own health summary.

   - control who sees any part of your MHR.

Some **headspace** centres will be connected to MHR. Others won't. Your **headspace** worker should talk with you before entering any information into your MHR. The type of information they might enter includes;

- mental health 'event summary' or 'shared health summary'

- mental health care plan

- anything you see the GP for

If you have any questions, please ask your **headspace** worker.

Who has access to my MHR?

If you are under 18 years of age, please review the information under questions 2, 3 and 4 before continuing. This may impact the information listed below.

If you are over 18 years of age; only healthcare providers involved in your care and who are registered with the MHR system are allowed by law to access your MHR.

You can also choose which health providers have access to which parts of your MHR by setting more specific access controls.

You can allow others (such as a partner, parent or carer) to access your MHR if you want. (https://www.myhealthrecord.gov.au/for-you-your-family/howtos/allow-others-view-my-record)

Every time your MHR is accessed, it is recorded in an audit log which you can view by logging into your MHR. You can also choose to receive an alert whenever your MHR is accessed by a new organisation.

The Australian Digital Health Agency (who operate MHR) will only consider a request to access a MHR (without your consent) where there is a requirement by law, such as a court order or other legal process.

Can I set privacy controls to restrict who sees my record?

Yes.

You can set permissions to access to your MHR by adjusting the settings for:

• **Individuals** – letting people you trust, such as family members, friends or carers, view and help manage your health information.

• **Healthcare providers** – apply restrictions to the information that healthcare provider organisations can see.

• **Documents** – restrict access to specific documents in your My Health Record.