Getting set up with My Health Record: A guide for consumers
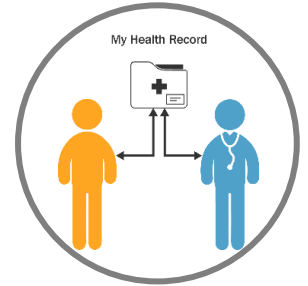
What is myGov?

myGov is a secure way to access Australian Government services online.
You need a myGov account to access your (or your child's) My Health Record. Follow the steps below to set up access to My Health Record.

Create a myGov account (or sign in to your existing myGov account) and link your record	• Go to the myGov sign in page. • If you don't have a myGov account, select 'Create an account' and follow the steps to register. • Once you have signed in to myGov, scroll to My Health Record from the 'Link a service' list. Then select the 'Link' button for My Health Record.
Verify your identity	• You can use details from Medicare such as: 　○ your Medicare card 　○ your address as recorded by Medicare; and 　○ information about your last doctor's visit. • If you are not able to prove your identity online or would prefer to speak to someone is person, call the helpline on 1800 723 471
Set up your My Health Record	• After you verify your identity, you will see a 'Welcome to Health Record' screen. • Open your record by selecting the box with your name on the welcome screen. • Where the person's My Health Record is not listed, select 'Access or Create a My Health Record for someone else' and follow the steps to add another health record.

The first time you log into your My Health Record

The first time you log in to your My Health Record, there may not be much information in it. Start with these steps to set your preferences:

- Decide if you want to add Medicare information such as visits to your doctor, prescriptions information, immunisations, and your organ donor decisions.
- Add your emergency contact/s.
- **Add any allergies or adverse reactions and medicines to your personal health summary**
  https://nationalallergystrategy.org.au/images/mhr/How_to_add_allergy_information_into_My_Health_Record_A_guide_for_consumers.pdf
- Set an access code if you want to control who can see your health information.
- Choose to receive notifications when someone accesses your record.

Help and support

Contact the My Health Record helpline on **1800 723 471** (select option 1), available 24 hours, 7 days a week. Free call (call charges apply from mobile phones).

Visit www.myhealthrecord.gov.au for more information about My Health Record.

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