

Wanem ol kipem wea My Health Record

My Health Record blo yu mait i go gad:

- ✓ Dem medisn da dokta blo yu i bin oda po yu
- ✓ Demtain wen yu bin meke claim prom Medicare
- ✓ Wanem yu bin disaid yu go wande mekem wea ol bodipat blo yu

Dokta blo yu and dem nada healthcare pipol, kin luk ane pute mo impomeisan insaid My Health Record blo yu, wase:

- ✓ Impotant ting baut medikol histori blo yu, wanem rong wea yu ane wiskain tritment yu bin gedem
- ✓ Impomeisan baut yu wen yu bin libe Ospital
- ✓ Ripot baut den spesil piksa (wase ultrasound o x-ray repot)*
- ✓ Pathology ripot* (wase olkain dipren blad test)
- ✓ Dem leta prom dem spesil Dokta

Yu kin adem:

- ✓ Dem ting wea i kin meke yu sik
- ✓ Pamle kontakt namba ane adres impomeisan
- ✓ Health impomeisan yu wande adem yuselp
- ✓ Po demtain wen mait yu prapa sik ane kan tok po dem health pipol, yu kin pute impomeisan baut wanem yu wande dem pipol po mekem po yu
- ✓ Ol impomeisan baut dem nada medisn o vitamin tablet yu tekem, wase den wan prom kemist

Yu kin stape dem pipol uda yu no wandem po luk *My Health Record* blo you, ane enitaim yu wandem yu kin stape dem rekord blo yu wea *My Health Record*.

* dis pat go stat po wok sun

“My Health Record em i lugaut mi. Ane em i po demkain.”

Ian, pama and pailot uda retire, prom Saut Australia

Wiskain My Health Record bin elpe mi wen ai bin kam nadakain sik

“Em bin bertdei blo mai boi ane ai bin go Sydney po selebreit wea em. Wi bin go po da hotel blo wi. Tri auwa leita ai bin insaid wea ambulans wea dempla bin teke mi go po ospital.

Dempla bin paine problem wea ol kolem pancreatitis. Ai bin de po 4 days and ai bin spik dempla ai wande go solong ai go luk mai dokta po gede mo tritment wen ai go baigen aus blo mi.

Wen ai bin go luk mai dokta mipla bin paindaut da ospital no bin gibe mi eni impomeisan baut wiskain tritment ai mas gedem. Prapa laki, mai dokta bin luk *My Health Record* and stretwei em bin paindaut ebriting wanem em mas mekem po trite mi.

Impomeisaan ane elp

Wea ai kin go po gede mo impomeisan ane elp?

- Go po myhealthrecord.gov.au
- Ringap wea **Help line** lo **1800 723 471**
- Kam po eni **Medicare Service Centre**

Nada ples po elp?

Aboriginal ane Torres Strait Islanders ringap **1800 723 471**

Ip yu mada o pada, carer po sambodi o elpa person po sambodi uda wande elp, ane wande paindaut wiskain po mekem, go po: myhealthrecord.gov.au/parentsandcarers

Ip yu kan lisen prapa o tok prapa, yu kin yuze relay.service.gov.au o ringap lo **1300 555 727**

Ip yu nide elp wea nada langus ringap **131 450**

Mipla gad ol rul wea i gad impomeisan baut wiskain yu kin luk ane strete ol impomeisan baut yu, o wea yu kin komplein ip yu rekon sambodi bin luk wea ol no spostu. Go luk myhealthrecord.gov.au/privacy o ringap mipla lo **1800 723 471**

My Health Record

Wanem yu mas sabe bipo yu gedem



My Health Record Impomeisan yu nidem

My Health Record i da niu neim blo da sistem po kipe ol health rekod blo Australia wea komputa. Wen yu gad wan *My Health Record* den ol medikol impomeisan i go stap tugeda insaid komputa wea wan ples. I go gad impomeisan diskain: dem ting wea i kin meke yu sik, wanem medikol problem yu gad, ane dem blad test o x-ray yu bin gedem.

Healthcare woka wase dokta, dem spesil dokta ane ospital woka i kin luk enitaim ane eniples wea komputa wen dempla nidem, laik wea aksident o emergensi.

Wen mo pipol stat yuze dis *My Health Record* sistem, da health sistem blo Australia go kam mo gud. Diswan i min da healthcare yu gedem i go bi beta, mo kuik po yu ane ol pamle blo yu.

Mo dan 2.6 million Australians olredi gad dempla *My Health Record* (bipo ol koleman da Personally Controlled Electronic Health Record o PCEHR). Klosap **2,000** Australian pipol i zoin ebridei.

My Health Record i gad ol rul and law po kipem seip, seimkain wase online banking.

Gudting baut gede My Health Record



Mo Izi Po Gede Impomeisan

Ebridem healthcare impomeisan baut yu i go stap wanples wea komputa solong i go bi izi po dem dokta blo yu, dem spesil dokta, o dem ospital.

Nomata yu mub go bizit o stap lo nada ples, yu kin luk eбри health impomeisan blo yu, eniwea ane enitaim.

Ip yu wandem yu kin luk *My Health Record* blo yu prom eni komputa wea i gad intanet. Mata yu da wan uda spik uda i kin luk wanem insaid. Apta yu bin mekem stret yu no nid po meke nadating.



Impomeisan i Prapa Seip

Ip yu wandem yu kin disaid uda kin luk wanem impomeisan de lo *My Health Record* blo yu.

I gad prapa strong rul ane law baut uda kin luk o yuze *My Health Record* blo yu. Diswan i po protekt ol dem health impomeisan blo yu prom pipol yuzem rongwei o prom get lost. I gad big penalti ip eniwan mekem diskain.



Mo Izi

Yu no go nid po woribaut po rimemba ol dem health histori blo yu, wase wiskain medisn yu bin tekem, wiskain sik yu gad, ane wen yu bin lastaim gede blad test o demkainting prom dem dipren dokta o healthcare woka.

Ane i go gad ol dem seimkain health histori blo dem pikinini blo yu wase dem dipren nidol ol bin gedem ane ol nada test.



Septi Blo Yu Mobeta

Ip i gad medikol emergensi, dem healthcare woka uda pat blo *My Health Record* blo yu, i kin kuikwan luk dem health impomeisan blo yu solong ol kin kuikwan lugaut yu gudwei.

Ip yu wandem, yu kin meke list blo dem ting wea i kin meke yu sik, wanem medikol problem yu gad. Diswan i kin elpe dem healthcare woka po gibe yu gud adbais ane gud tritment.



Ol Private Ting Blo Yu

Mipla rispekt ol private ting blo yu.

Wen mipla go meke *My Health Record* blo yu, wi go gede impomeisan baut yu and pikinini blo yu prom Medicare ane sam dem nada Gabman opis po gede neim blo yu stret, gede batdei blo yu, ane dem las tu years blo dem Medicare rekod.

Ol prapa healthcare ples, wase dokta, klinik o dem ospital i kin luk *My Health Record* blo yu wen dempla nid po gibe healthcare po yu. Yu kin disaid wanem healthcare ples i kin luk dem health impomeisan blo yu.

Mipla no go gibe eni impomeisan po eni nada pipol, anles da law i spik mipla mas gibem.

Yu kin gede mo impomeisan wea www.myhealthrecord.gov.au/privacy

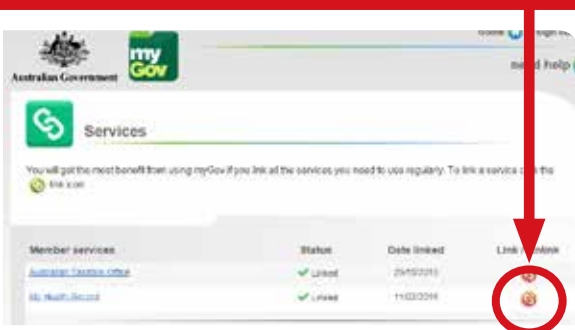
Wiskain po startem

1 Go po www.myhealthrecord.gov.au



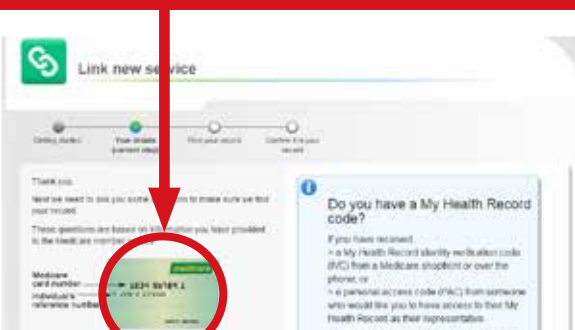
Go po www.myhealthrecord.gov.au ane selekt da REGISTER button. Meiksua yu gad Medicare o Department of Veterans' Affairs card de lo yu. Ip yu bin olredi regista lo nada wei, klike da white 'link your record' button.

2 Go selekt myGov



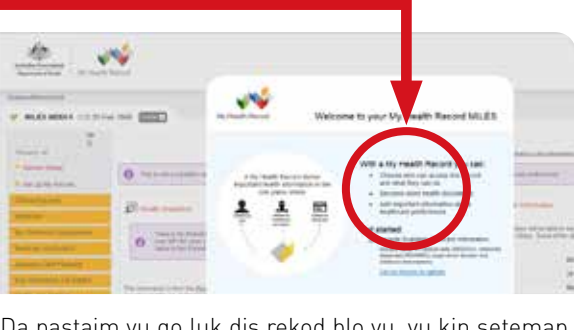
Diswan i go teke yu go po my.gov.au ane aske yu po sign in. Ip yu no gad diskain account, pole dem steps ya po regista. Wen yu de insaid da myGov account blo yu den klike da services button ane den yu nau kin 'link' po *My Health Record*.

3 Regista nau po *My Health Record*



Po regista po *My Health Record* blo yu, yu go go nid po gibe impomeisan blo yu blo Medicare o DVA ane sam dem nada impomeisan.

4 Nau adem wanem yu wande pipol po luk



Da pastaim yu go luk dis rekod blo yu, yu kin setemap solong yu kin suzem wanem impomeisan yu wandem de, wase phone namba blo pamle blo yu, ane wiskain ting i kin meke yu sik. Ebritain yu go luk da dokta askem po meiksua da rekod blo yu i stret.