Australia Government had introduced My Health Record which is an online summary of your health information in one place. It can be accessed at any time by you and your healthcare providers.

**What is in a My Health Record?**

- Allergies
- Medicines you are taking
- Medical conditions you have been diagnosed with
- Pathology test results like blood tests

This can help you get the right treatment

**You control your record**

To register or get access to your record, you need to create a myGov (https://my.gov.au/) account or log in to an existing myGov (https://my.gov.au/) account.

**A My Health Record for every Australian in 2018**

By the end of 2018, a My Health Record will be created for every Australian, unless they choose not to have one.

**If you do not wish to have My Health Record anymore**

If you decide that you don’t want a My Health Record created on your behalf, you will have the opportunity to opt out (https://www.myhealthrecord.gov.au/for-you-your-family/howtos/opt-out) by simply letting them know during a three-month period.

This period will run from **Monday 16th of July 2018 through to Monday 15th of October 2018**. It is not possible to opt out of having a My Health Record before this period starts on Monday 16th of July 2018.

**Some useful links**

- [https://my.gov.au/](https://my.gov.au/)