

# Wat nuthu lot dai bin boodim lungu yorswan My Health Record

## Blungu yorswan My Health Record Kin stup lungu im:

- ✓ Mirrijin yoo dukunut, wat duktu bin gibim you
- ✓ Yorswan Medicare yoo bin boodim julp brom bifor
- ✓ Yorswan gidnee mudée ut yoo bin sai tu gibidim julp

## Yorswan duktu en orla nuthulot Healthcare mob kin gibidim seeyim en poodim mor word lungu yorswan My Health Record en:

- ✓ Stori blungu yoo wat taim yoo bin git jik, wat kien yoo didai, en wat mirrijin yoo habim but
- ✓ Word blungu wen dai bin lirrim mut yoo brom osbil
- ✓ Wat dai bin tellim yoo blungu tharran jiknij, wat dai bin lijnim guru majeen, en wat dai bin faindim guru X.ray\*
- ✓ Pathology brom ripot\* laiku blud test
- ✓ Wat letta nuthulot noombala dukta bin raitim

## Yoo kin pudim mor:

- ✓ Idjeehun en wen yoo git jik
- ✓ Anibodi yoo gudim naim, numba blungu wooloobut en wat kien nuthulot word
- ✓ Blungu yorswan word brom woobjil
- ✓ Blungu yoo hawoo dai guru lookutim yoo, (dis wun word, blungu yoo, wat kien tu lookutim yoo mudée wen yoo nut too gudwun mudée yoo carn tawk tawk animor)
- ✓ Nuthulot mirrijin, mudée vitamins yoo habim but laik mirrijin brom shop

Yoo kin maikim difrin one, wat kien dai guru lookim yorswan My Health Record yoo kin pudim difrin wai woo kin lookim blungu yoo aniting yoo bin poodim blungu yoo, or yoo kin stopim blungu yoo record ani taim.

\* Wat kien work e cumin soon

“My Health Record loogardim mie, tharran e blungu nar.”

Ian, wer e bin binij draibum but plain en wen e bin groom up tucka, South Australia

# Wat kien My Health Record bin halpim mie wen sumting noogood bin apin lu mie

“ E bin mien son blungu birthday, en ai bin bijidim laa Sydney too bie api gurru im. Mintubala bin boodim julp naim la hotel, 3 hours ubta ai bin faindim julp bihien la ambulance, takim bud mi kwikbala la woobjil.

Dey bin faidim la mie ting naim bla im pancreatitis. Wen ai bin stop 4 dai la woobjil, ai bin talim olabut to jundim ut mie brom woobjil, lungoos ai buloorimup garra mien dukta.

Wen ai bin cumut la mien dukta, ai bin faid ut upta woobjil mob neba bin gibid mie word wat dritmint dey garra gibidim mie. Good ting mien dukta bin checkim up My Health Record en wen minit taim dey bin faidut wat kain dey garra miedim but mie.”

# Wat ting der en wat kien too girrim alp


## Woojai ai garra faindim wat e sai, en wat kien ai garra faindim alp


- 🌐 Lookim [myhealthrecord.gov.au](http://myhealthrecord.gov.au)
- 📞 Ringim up, **halp line 1800 723 471**
- 👤 Look roan blungu **Medicare Service Centre**

## Nuthu lot blu alpim but

Blakbulla en Torres Strait Islanders ring im up **1800 723 471**

Mudée yoo garram kid, mudée you lookutim but sumbodi wutmai wuntim halp en yoo askim but wut diywun garra albin yoo, look roan bla [myhealthrecord.gov.au/parentsandcarers](http://myhealthrecord.gov.au/parentsandcarers)

 Wen yoo gurru dip yirrol, or cun tawk tawk brubli usem [relayservice.gov.au](http://relayservice.gov.au) or ringim up **1300 555 727**

 Ib yoo laikim alp lungu nutha lungooj ringim up **131 450**

Blungu mibulu privit wun policy insaid e gurru, wat kien yoo kin faindim en fixim up blungu yoo wat kien dey gurru word blungu yoo, yoo kin ugoomin blu wat dai bin doo too rubjim blungu yoo sneekin wun word. Lookim [myhealthrecord.gov.au/privacy](http://myhealthrecord.gov.au/privacy), ringim up miebulu lungu **1800 723 471**

# My Health Record

Wut kain ting yoo garra nawoo



# My Health Record Lookim quikbala

**My Health Record** e new wun naim, wun taim e bin stup naim blungu im national digital health record system. Garram *My Health Record* e mien e gurrum blungu potint word laika wut gibidim allergy, wat kain jignij, en wut lud treatment test or scan blungu ripot, wat kien medicine, dislot report dey mindim la wun plaic.

**Wer dey mindim** jikwun en dukta, specialists en dutlot wer dey work la hospil dey kin lookim online la computer brom aniwur anitaim, wat taim dey wanta lookim, mudée accident taim or emergency taim.

**Wen mor pipool** usem *My Health Record* system tharran National Health system guru jointup publí wai. Diswun kin hapin mor quickbala, mor good wai bla yoo en famli bla yoo.

**Jus about 2.6 million Australians** dey alredi habim *My Health Record* wun taim naim blungu im bin "Personally Controlled Electronic Health Record" mudée (PCFHR). Jus about **2,000** Australians sign up but ebri dai.

Government bla law mindim en traitnim *My Health Record*, laik wen wi usim bank online la computer.

# Wait kain good wun blu abim My Health Record

## Quik bala faindim

Blungu yoo healthcare word e kin stap wun plaic la computer, blungu dukta wer dey gibidim go ahead, en specialists or hospil mob.

Wen yoo moob laa nutha plaic interstate, dis wun word dey kin stil lookim online la computer aniwur anitaim.

If you laikim, yoo kin faindim blungu yoo health information brom ani computer gurru internet. Yoo kin watchim but wu kin lookinut bla yoo. Wen dey bin binijimup podim doogetha, yoo kin leebim.

## Strong wai bla mindim

Ib yoo wunu yoo kin bei boss en watchim woo lookim *My Health Record* bla yoo.

Government bin poodim strong wun rool en word blu usim but *My Health Record* dis wun to lookutim blungu yoo Health Information, mudée e git los or sumbodi mait maikim noogood one. Dey kin trublim julp ib dey makin noogood dislut.

## More good wun

Yoo dawun uptu wurri but wat kien health histri bla yoo lika midicin, wat kien jig yoo gurrum, wat daits dey bin girrim tests brom yoo wen dibrin dibrin one Healthcare mob come la yoo mudée new lut.healthcare mob.

Saim saim kien blungu yorswan kid history laika needle wat taim dey bin girrim en medical tests dey bin dooim laa dem.

## Propa Strong wun blu lukatim

Wen something hapin la yoo sudin way, alla health Care mob woo stup lungu *My Health Record* system, dey kin lookim blungu yoo Health Information wer dey kin lookatim yoo good way quikbala.

Ib yoo laikim yoo kin poodim alla ting wat makim yoo jikwan, aniting wat medicine do la yoo, yoo lubda mudée sumtaim garra halpim dattlut Healthcare mob to straidtnim yoo, an tellim yoo wat tritment yoo garra habim.

## Sneakin wun word

**We lot respectim blungu yoo sneakin wai yoo stup.**

Wen yoo startim *My Health Record* wi garra girrim word brom yoo en kid bla, yoo brom Medicare en nutha lot government people, name bla yoo wat taim yoo bin born wat record Medicare garram brom 2 years bla yoo.

Wer government naoom but dem Health care mob, sumbala dukta en hospil mob, dey kin lookim blungu yoo *My Health Record* wen dey lukatim but yoo. You kin be boss bla yorswan health Information, wijwun health mob kin lookim blungu yoo.

We no mor lettim out aniting bla yoo la anibodi, mudée uni government law tellim mibulu.

Yoo kin faindim mor word laa [www.myhealthrecord.gov.au/privacy](http://www.myhealthrecord.gov.au/privacy)

# Gitin redi

## 1 Lookim [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au)



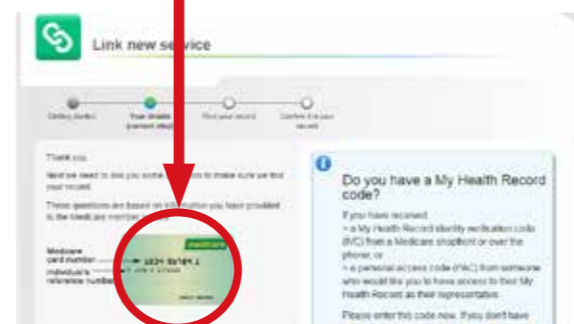
Faundim [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au) en faundaim REGISTER button. Redim up Medicare or Department of Veterans Affairs card blungu yoo Mudée yoo bin poodin julp nutha way, poodim bingga la wait wun 'link your record' button.

## 2 Faundim myGov



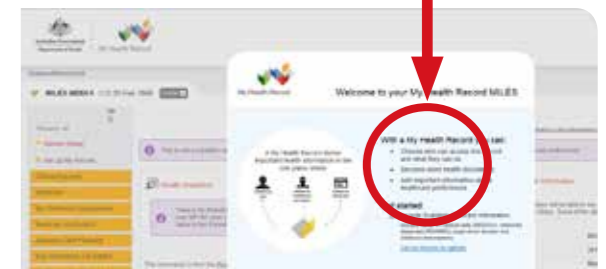
Tharran will jibtim yoo la [my.gov.au](http://my.gov.au) en askim yoo blu sienim julp naim. Ib yoo garram nothing naim blungu yoo der, buluroom wat dey tellim yoo der. Wen yoo come ut lungu yorswan myGov account poodim bingga la link to *My Health Record*.

## 3 Poodim julp blungu My Health Record



To poodim julp blu yorswan *My Health Record* yoo garra habim Medicare bla yoo mudée ebriting word la DVA en nuthalot word bla yoo.

## 4 Poodim wat yoo laikim



New taim yoo seeim blungu yoo, yoo kin settin up yorswan wayi, to lookim yoo kin poodim mor word, sumbulu wut kien lookutim yoo, naim blungu dem en wut mirrijin yoo jigwun. Ebri taim yoo seeim dukta, uskim im to kipmup record blungu yoo