

# What is My Health Record and how can you use it?

This guide says that My Health Record is a safe and secure online summary of your health information.

My Health Record can have information about your:

- medical conditions
- vaccinations
- allergies
- test results and health checks
- health appointments.

The guide says that you can control who can look at your information. You can keep some information private.

You can get help using and managing the information in My Health Record.

## We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

**This resource was made by**

## Australian Digital Health Agency

The Australian Digital Health Agency aims for a healthier future for all Australians through connected health care. The Agency is made by the Australian Government.

- [Visit](#)

## Council for Intellectual Disability

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A disability rights organisation led by people with intellectual disability.

- [Visit website](#)

## Inclusion Australia

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Inclusion Australia is the national voice of people with intellectual disability and their families.

- [Inclusion Australia](#)