

PLHIV & MY HEALTH RECORD

'If in doubt, OPT OUT!'



OPT-OUT OF MY HEALTH RECORD

To **opt out** of the MHR you will need to access a computer online and one of the following to verify your identity:

- Drivers Licence, or
- Passport, or
- ImmiCard

AND

- a Medicare Card, or
- a DVA card

If you have none of these forms of identification, you will need to call the **Help line on 1800 723 471** to opt-out

On a desktop computer, ipad, mobile or other online electronic device visit

<https://www.myhealthrecord.gov.au/for-you-your-family/opt-out-my-health-record>

Click the large blue button 'Opt out now >' to start the process.

If you need any assistance, you can call Positive Life on (02) 9206-2177 or freecall 1800 245 677, or call the **My Health Record Helpline on 1800 723 471**.

YOUR OPTIONS

By the end of 2018, you will have a My Health Record (MHR) created for you by the Australian Government. You have three options to respond.

- **If you want a MHR** you do not need to take any action.
- Between the **16 July 2018 to 15 November 2018**, you can **opt-out** of your MHR.
- **People who have a MHR already**, will not be able to Opt-Out. If you decide you don't want a MHR, you can only cancel your My Health Record.

CANCEL MY HEALTH RECORD

To **cancel** your MHR:

1. Log in to your My Health Record through my.gov.au
2. Select the 'Profile & Settings' tab.
3. Select 'Profile' and navigate to the bottom of the page.
4. Read the information and click on 'Cancel My Health Record'.

If you need any help to cancel your record, you will need to call the **Help line on 1800 723 471**

If you cancel your registration with the MHR system or you die, all documents in your MHR will be kept in the MHR system for a period of 30 years after your death or, if the date of death is unknown, for a period of 130 years after the date of your birth

If you change your mind in the future and decide you want a MHR, you will be able to restore your record by re-registering.

Re-registration will allow you to access your MHR, including documents and information included in the record at the time of cancellation. When a record is re-registered, your Provider Access List and document access settings will be the same as at the time of cancellation. All other notification settings and access settings will return to default.

MORE INFORMATION

www.positivelife.org.au
free call 1800 245 677

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