

# MY HEALTH MY VOICE

ISSUE 17, MAY 2018



## My Health Record - Julie's story

My Health Record (MyHR) is a secure online summary of your health information.

Julie Sattler (above) was one of the first to get a MyHR, and thinks it is a good idea for everyone.

"I just thought it was so important to have it. I'm getting older, and I might have more need to call on health support. I'd like to think that my health records would be accessible, and the reports would be there."

Having all her health information online and available to all her health services gives Julie peace of mind, especially if she was to get very sick or be in an accident.

"I'd really like to think that my records would be available in an emergency. All my reports and doctors, all my prescriptions, all my blood test results, the most recent of everything would be on there and accessible."

Having a MyHR also helps Julie save time and effort when she sees all her health providers.

"I went to a skin specialist and he spent half the visit getting all my information together, and I only had to see him once. With MyHR you could just say 'well here's my number, it's all there'."

Find out more at [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au)

### Get Involved

Do you belong to a community group that meets in north western Melbourne? Would you like to learn more about the My Health Record (MyHR)?

A staff member from the PHN can come and speak to your group about MyHR and answer any questions they have.

If you would like someone to speak to your group, please contact Eileen Khaw on 9347 1188 or email [MyHR@nwmphn.org.au](mailto:MyHR@nwmphn.org.au)

For more information please go to [myhealthrecord.gov.au](http://myhealthrecord.gov.au)



Australian Government

**phn**  
NORTH WESTERN  
MELBOURNE

An Australian Government Initiative

My Health, My Voice is a newsletter of North Western Melbourne PHN, a non-profit organisation working to improve health care in our local communities.

To subscribe or unsubscribe from this newsletter please email us at [myvoice@nwmphn.org.au](mailto:myvoice@nwmphn.org.au) or call (03) 9347 1188.

 (03) 9347 1188  
 [www.nwmphn.org.au](http://www.nwmphn.org.au)

© North Western Melbourne PHN. May 2018.

## NDIS SUPPORT IN YOUR AREA

The National Disability Insurance Scheme (NDIS) is the new way people with disability will receive support in Australia.

The NDIS is being rolled out in stages. It is already available to people living in the cities of Yarra, Darebin, Hume, Moreland, Macedon Ranges and Moorabool.

In October 2018 the NDIS will also be available to people living in Brimbank, Hobson's Bay, Maribyrnong, Melbourne, Melton, Moonee Valley and Wyndham.

There are information sessions being held around north western Melbourne to help people with a disability and their families and carers get NDIS Ready.

For more details on the events please visit our [website](#).

For more information about the NDIS please go to: [www.ndis.gov.au](http://www.ndis.gov.au)



## DIAGNOSED WITH CANCER?

'A common path' could help. This service provides cancer support and advice through online videos delivered by people who have had cancer too. Hear about:

- What helped
- What they learned along the way
- How they made decisions
- Things they wished they had known at the time
- What they would do differently

Find the videos on YouTube at [www.youtube.com/c/ACommonPathCancersupportandadvice](http://www.youtube.com/c/ACommonPathCancersupportandadvice)

To make sure you are receiving the best possible care, check out [www.cancerpathways.org.au](http://www.cancerpathways.org.au)

These online guides will help you make sense of what should happen and what questions to ask your health care providers.



## REVIEWING YOUR MEDICINES

A Home Medicines Review helps you, your doctor and pharmacist, manage your medicines.

It can help you:

- Learn more about your medicines. For example, what they do, the best time to take them and any possible side effects.
- Identify any possible side effects or interactions.
- Identify any medicines you no longer need.

If you are taking more than 5 medicines and think a Home Medicines Review will help, speak to your doctor.

Your doctor can then arrange a trained pharmacist to visit you at home.

For more information please go to the Medicinewise website at [www.nps.org.au](http://www.nps.org.au)

