

Your health care and technology



Easy Read

About this information



This information is about how **technology** can make your health care better.



Technology means things that are online and on computers.

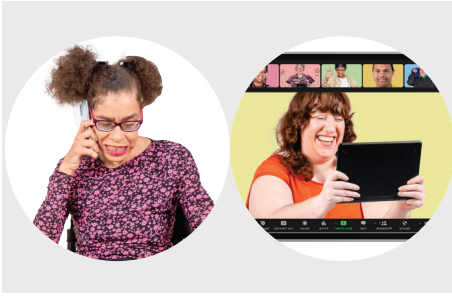


Some types of technology you can use for your health are

- **My Health Record**
- **Telehealth.**



Your **My Health Record** is a safe place online where you can keep your health information.



Telehealth is when you talk to a doctor over the phone or video call.



You can also use technology for your **prescriptions**.



Prescriptions are what the doctor gives you so you can get your medication.



An **electronic prescription** is when your doctor sends your prescription to your phone by

- Text

or

- Or email.



If you have many electronic prescriptions you can use an **Active Script List**.



An **Active Script List** is an online list of all your prescriptions.



You can ask your pharmacy for an Active Script List.

My Health Record



You can add your information to your My Health Record at any time.

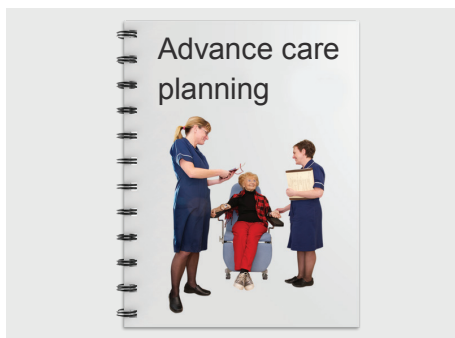


You can add information about things like

- Medications you take
- **Allergies** you have
- **Advance care planning.**



Allergies are when your body gets sick or itchy from things like food or medications.



Advance care planning is information that says what you want to happen with your health care.



You can look at your information online in your My Health Record any time.

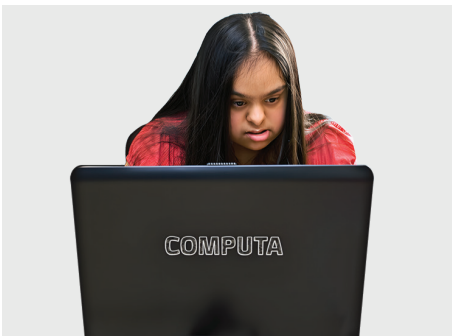


You can check things like

- When you have had health tests
- What the health tests were for.



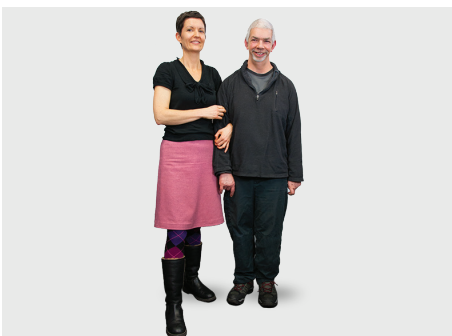
You can use your My Health Record to check the name of the medication you take.



You can also look at information about medical issues you have that are in your My Health Record.



You or your **representative** can add information to your My Health Record.



Your **representative** is someone you choose to support you to look after your My Health Record.

You can add an emergency contact in your My Health Record like



- A family member



- Support worker

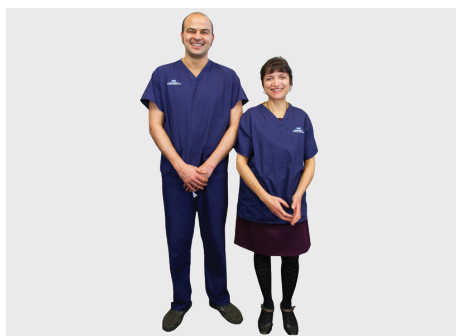


- Friend.

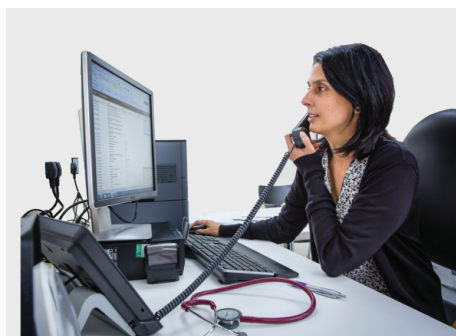
Your health care team



Your health care team can put your health information in to your My Health Record.



Your health care team can use your My Health Record to make your care better.



My Health Record can help them to share medical information about you in an easy way.



It can also help make sure there are no mistakes with things like your medication.



Your health care team can use
My Health Record to support you in an **emergency**.



An **emergency** is when something bad
happens and you need help straight away.

Electronic prescriptions



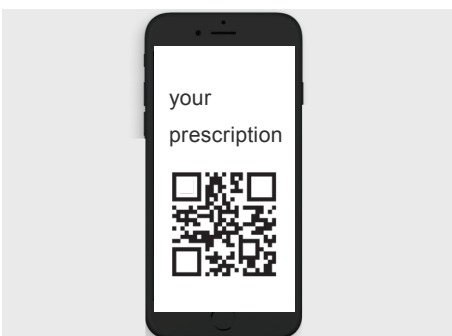
You can get electronic prescriptions for most medications.



Your doctor will send your prescription to your phone or computer.



What they send is called a **token**.



A **token** has the information about your prescription.



You can save the information online to your phone or computer.



You can use the information whenever you are ready.

Telehealth



There are many good things about telehealth.



When you use telehealth it means you do not have to meet with the doctor in person.



The doctor might be able to **bulk bill** if you have seen them in the last year.



Bulk bill means the government pays for when you talk to the doctor.



You can use telehealth if you are too unwell to see the doctor in person.



You can use telehealth if you need to keep away from others with something like COVID 19.



You can use telehealth if you can not travel to see the doctor in person.

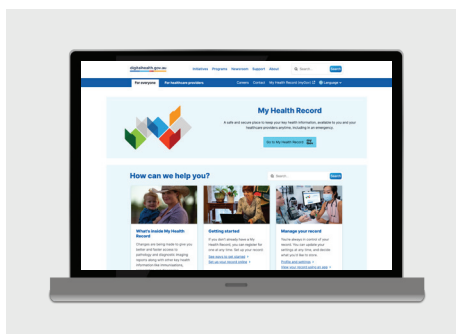


Telehealth is good for people who live in places far away from the city.



It means they do not have to travel far to see a doctor.

More information



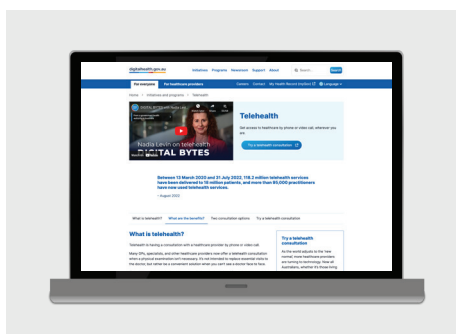
For more information about My Health Record you can go to the website at

www.digitalhealth.gov.au/initiatives-and-programs/my-health-record



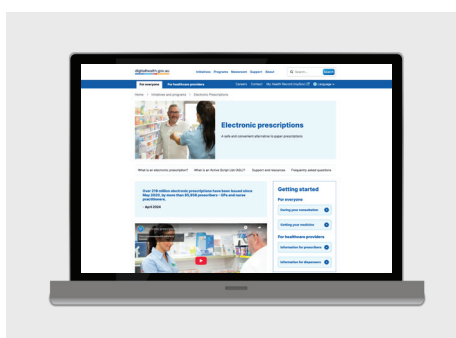
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For more information about telehealth you can go to the website at

www.digitalhealth.gov.au/initiatives-and-programs/telehealth#what-are-the-benefits



For more information about Active Script Lists you can go to the website at

www.digitalhealth.gov.au/initiatives-and-programs/electronic-prescriptions#what-is-an-active-script-list



The websites are not Easy Read.



You can ask for support to read it.

Council for Intellectual Disability made this document Easy Read. **CID** for short.
Email CID at **business@cid.org.au** if you want to use any of the pictures.