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Media release

Logged into MyGov to do your tax? Click onto My Health Record, update your information and get a healthy start to the new financial year

The 22.77 million Australians with a My Health Record are encouraged to use tax time as a reminder to make sure their health information is up to date.

“Tax time is the perfect time to update your My Health Record details and make sure your vital health information is always available to you and your authorised healthcare providers,” according to Agency Interim CEO Bettina McMahon.

“It makes perfect sense to store key information including a shared health summary, information about allergies, medicines list, immunisations, pathology reports and more in your My Health Record.

“While you’re logged onto MyGov to do your tax, update your My Health Record or take a look for the first time,” she recommended.

“On average in 2020, we’ve seen more than 30,000 Australians every month getting a My Health Record – including many who had previously ‘opted-out’. You can do this from within MyGov.”

Visit the My Health Record [Healthy End Of Financial Year](#) webpage for helpful videos on how to upload to your record for the first time, how to update your record and how to update your children’s records.

1. Uploading to your record for the first time

Starting a new My Health Record or uploading to it for the first time is as simple as 1,2,3. If you need help, watch the video [here](#).

2. Updating your My Health Record

Tax time is a great time to do something for your health. If you haven't accessed your record in while, watch the video [here](#). It'll show you how.

3. Updating your children's records

Make sure your child’s important medical details are stored in one place and available at any time – including in an emergency. Learn about connecting, updating or adding a record for another family member [here](#).

To register for My Health Record for the first time go to: <https://www.myhealthrecord.gov.au/for-you-your-family/howtos/register-for-my-health-record>

“We are encouraging people to take control of their health history and information and keep their records up to date to get better health outcomes,” Ms McMahon said.

“To get the full picture of a person’s health, you have to connect the dots and My Health Record helps people do that.”

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About the Australian Digital Health Agency

The Agency is tasked with improving health outcomes for all Australians through the delivery of digital healthcare systems, and implementing [Australia's National Digital Health Strategy](#) – *Safe, Seamless, and Secure: evolving health and care to meet the needs of modern Australia* in collaboration with partners across the community. The Agency is the System Operator of [My Health Record](#), and provides leadership, coordination, and delivery of a collaborative and innovative approach to utilising technology to support and enhance a clinically safe and connected national health system. These improvements will give individuals more control of their health and their health information, and support healthcare providers to deliver informed healthcare through access to current clinical and treatment information. Further information: www.digitalhealth.gov.au.