



15 May 2020

Media release

Important reminder not to put your health on hold

The Australian Digital Health Agency (the Agency) has launched a digital health guide to help Australians find the latest health information and advice about navigating the healthcare system during a time when information overload is widespread.

[Your practical guide to a healthier future through digital technology](#) provides clear advice to help Australians and their families get healthcare safely as restrictions are eased, with online resources and an easy to use online symptom checker.

The Agency's Chief Digital Officer, Steven Issa said, 'A recently coined term, *infodemic*, has been used to describe the oversupply of information that confuses rather than clarifies. Digital health solutions are key to the national response to COVID-19 and the Agency has developed this online guide to give Australians clear advice on how to navigate the health system during this global infodemic'.

'This guide aims to support Australians throughout their health journey and encourages Australians not to put their health on hold'.

The practical guide explains what to do if an individual or a family member: has COVID-19 symptoms; needs medication (unrelated to COVID-19); is sick or injured with symptoms unrelated to COVID-19; is seeking emotional support; or general information on how to stay healthy as restrictions are eased and people start getting out and about.

Dr Bav Manoharan, Doctor and Hospital Director in South-East Queensland has been working tirelessly to provide support to his community throughout this challenging time. Dr Manoharan said, 'Fortunately, Australia is seeing the COVID-19 pandemic ease, as our collective efforts to flatten the curve have worked. However, we need to be careful to not get complacent and put off our normal health check-ups and regular visits to GPs and other health services. There are a number of convenient ways to get health help and make a physical or telehealth appointment with your usual health practitioner, and a good place to start is to visit the practical guide to a healthier future through digital technology for advice on your situation.'

The guide also explains how patients can update their online health information including allergies, medicines and personal details. Patients can also learn how to access their pathology and diagnostic imaging results, book a telehealth consultation and get their medications without a paper prescription.

Please visit the website [here](#).


If you have any questions, please email COVID19.ADHA@digitalhealth.gov.au

Media contact

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Background Australian Digital Health Agency COVID-19 Taskforce



The National Digital Health Strategy 2018-2022 lays a solid foundation for the provision of healthcare through digital means. Our progress in delivering the Strategy creates an opportunity for the Agency to respond to the pandemic in a unique way that aims to add significant value to the Australian community.

The Agency established a taskforce to support the national effort to fight COVID-19 by accelerating digital health literacy and adoption in Australia by creating people-focused guides to navigating the complexities of COVID-19 in Australia and championing innovation across the health sector. Throughout April, the Agency has created digital services that provide tailored information to citizens and businesses during this challenging time. Key focus areas of the COVID-19 taskforce have included: the Innovation Challenge for industry and academia/universities to promote cross-sectoral collaboration and speed to market; and developing practical guides for Australian citizens to navigate the health system through digital technology.

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.