

INFORMATION FOR CHILDREN AND YOUNG ADULTS



This information describes how **you** or **parent's** or **legal guardian** can access your GP medical record through the **My Health Online Portal**

ACCESS TO MY HEALTH ONLINE

WHAT'S THIS LEAFLET ABOUT?

As you're aged between 13 and 16 years of age you can decide if you want to have online access to some of the personal information that your GP Practice keeps about you. This leaflet tells you about the My Health Online service.

WHAT IS MY HEALTH ONLINE?

My Health Online is a secure system, run by NHS Wales, where patients can view some of the information contained in their GP health record, without having to speak to their doctor or GP Practice.

You can:

- **Book and cancel appointments or order repeat prescriptions quickly**, at any time of the day or night
- **Change contact details** such as your address, mobile phone number or email address
- **View your allergies, your medication, some test results, injections**, and when you have been to see a doctor or nurse.



It also means you don't need to travel to or phone the practice, so it gives Practice staff more time for them to deal with patients who need to see a doctor.

PERSONAL INFORMATION – WHAT'S THAT?

What we mean is any information that could be used to identify you. This could just be your name and address; it could be your telephone number, email address, or a picture or recording of you. It could also be information on how you're doing, how you've been feeling, when you've been to see your doctor and any medicine or tablets, they have given you.

We get this information from you, your parents or legal guardian, and any doctors or nurses who have looked after you since you were born.

IS IT SAFE AND SECURE?

To access your health information online you will need to ask your GP Practice for an application form, fill it in and return it to the Practice who will then set up an account for you. Although you don't have to, we think it would be best if you speak with your parent or guardian first.

You will need to set up a password to use your account, you should not share this with anyone else or let others watch you when entering your password, this will help to keep your information safe.

It is important to know that your GP Practice takes responsibility for looking after your personal information very seriously and that all staff at the Practice know how to keep it safe and secure. If you want to know more about how your health information is used by the GP Practice you can visit their website or speak to a member of staff at the Practice.



CAN I ASK MY PARENTS OR GUARDIAN TO LOOK AT MY GP RECORD?

Yes, you can ask for your parents or guardian to have access to My Health Online for you, but the GP Practice will only give access to other people if you give your permission. Your parents or guardian will need to fill in the application form and you will need to also sign it to say you agree for them to see your health record. If you change your mind you can ask your GP Practice to stop their access at any time.

When you reach the age of 16 the GP Practice will automatically remove any access set up for your parents or guardian. If you want them to carry on seeing your health record when you are 16 you will need to fill in another form.

FURTHER INFORMATION

If you, your parents, or guardian want more information about this service or the information we hold on you, just contact your Practice who can give you a copy their 'Privacy Notice' and the full My Health Online leaflet or you can visit their website.



Fy - Iechyd **Ar-Lein**
My Health **Online**

