



Fy - Iechyd Ar-Lein
My Health Online

You have the right under UK data protection legislation to access or view information your practice holds about you. To make a request, please contact your practice.

Alternatively the My Health Online service offers another way for you to view your health records.

For further details please visit our website:

igdc.gig.cymru/fyiechydarlein

dhcw.nhs.wales/myhealthonline



what you need to know about your **My Health Online** records



Do you know you can use a mobile phone, tablet or computer to book or cancel an appointment with your GP, or request a repeat prescription?

All you need to do is to sign up to use **My Health Online** services.

You can also use My Health Online to see your medications and allergies. Patients at some practices can also view their GP record, which could include patient immunisations.

Just like online banking you can sign up for a range of online services from your GP, although these will vary from practice to practice and will depend on what your practice is offering.

My Health Online is another way to contact your GP practice, you can still ring them or go in person to your surgery.

Getting started

If you would like to get started with My Health Online Services speak to your GP practice or visit the website nwis.nhs.wales/myhealthonline.

Your practice will need to check who you are to make sure only you can see your My Health Online account. You will be asked to fill in and sign a short form and show a form of photo ID, such as a passport or driving licence.

To make it easier to get started you can make your first online appointment without holding a My Health Online account. When you attend your appointment, the practice will need to then check your ID details, to complete the registration process.

Why use My Health Online?

Online services are another way to contact your GP practice:

- You can use them to **book and cancel appointments** at a time and place that suits you.

- You don't need to make a special journey to your surgery to ask for a **repeat prescription**.
- You can look at your GP record to help **prepare for your next appointment**, with your GP or a specialist, and identify if there is anything you need to discuss.
- Being able to **view your GP record** can help you remember and understand discussions with your GP, that you may otherwise forget.
- People who have long-term health conditions may find looking at **examination findings**, including blood pressure, helps them manage their own care and they can see if their condition is improving or getting worse.
- You may be able to **find the answers** to questions about your health without needing to speak to a doctor. For example, if you want to check when you last had a vaccination.
- You can make sure **your medical information** is accurate and up to date. You will be able to tell your doctor if you have an allergy and it is not recorded.

Understanding your GP record

Before you sign up to see your GP record in more detail there are a few things to consider. **Medical records are written:**

- **using special codes** to make sure care is recorded consistently and accurately.
- **to help care professionals** look after you.
- **in English**, which is the language used to record clinical care in the United Kingdom.

In the future you may be able to view your test results and hospital correspondence within My Health Online, but this is not currently available.

