



## Learn how to manage your health online

**Your Health in Your Hands is a free program to help you learn how to use convenient, secure online health tools like My Health Record, telehealth, electronic prescriptions, and more.**

Join a free webinar, a group support session, or get face-to-face support in selected areas.

To learn more:



Call 1300 795 897



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Australian Government  
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My Health Record



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