

## Session Plan: Introduction to My Health Record

### Session overview:

This session will introduce learners to My Health Record. My Health Record is an online platform allowing healthcare professionals to share information with each other as well as the patient, to help give a clearer and more complete picture of a person's health to aid in their treatment. This session will give learners an overview of the platform, along with the opportunity to access and use My Health Record.

### Learning objectives:

To increase learners' knowledge and confidence in using My Health Record and be able to make an informed decision about whether it is something they would like to access for themselves.

### Suggested session length:

90 minutes

### Prior knowledge:

Before you hold a session on My Health Record, have a chat to learners prior to them attending and make sure they are familiar with the following:

- Email - session plan available here: [session\\_plan\\_email](#) [Be Connected - Using Email](#)
- MyGov - session plan available here: [session\\_plan-\\_introduction\\_to\\_mygov](#) [Session Plan: Introduction to myGov](#)
- Filling in online forms - session plan available here: [Be Connected - Using online forms](#)

### Top tip:

The My Health Record, On Demand Training Platform is no longer available to show learners about My Health Record and for them to practice on. Ensure you are familiar with the different tabs and information contained in [My Health Record](#).

Section	Timing	Activity	Assessment	Resources
<b>Introduction</b>	10 mins	<p>Welcome everyone to the session and ask learners to complete the CaptureIT Sign in form.</p> <p>Discuss the learning objectives and have a group discussion:</p> <p><b>Question suggestion:</b> “How much do you know about My Health Record?”</p> <p>Show the video, “About My Health Record” (1.20 mins)</p>	<p>This will show how much learners can tell you about My Health Record. It will help you make sure you are aiming your session at the right level.</p>	<p><a href="#">Sign in sheet</a></p> <p>About My Health Record Video:  <a href="https://vimeo.com/694689144/59efd8bab7?share=cop">https://vimeo.com/694689144/59efd8bab7?share=cop</a></p>
<b>Tour the My Health Record website</b>	30 mins	<p>Using the link in the resource column, tour the Digital Health website to show the learners more information about My Health record.</p> <p>Show the video, “Introduction to the Record Homepage” (2.41 mins). You may wish to pause the video at times to show the key areas and to discuss them.</p> <ul style="list-style-type: none"> <li>● Alerts and notifications</li> <li>● Health snapshot</li> </ul>	<p>After the video, ask questions about the areas that learners can see in a record to check their understanding.</p>	<p>Link to <a href="#">My Health Record</a></p> <p>Introduction to the Record Homepage video  <a href="https://vimeo.com/693313047/ec06348d52?share=cop">https://vimeo.com/693313047/ec06348d52?share=cop</a></p>

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		<ul style="list-style-type: none"> <li>● Medicare information</li> <li>● Personal information</li> <li>● Covid 19 Dashboard</li> <li>● Documents section</li> <li>● Privacy and access</li> <li>● Profile and settings</li> <li>● Prescribed medications</li> <li>● Advance Care Planning</li> <li>● Key Information I've Added</li> </ul>		
<b>Accessing My Health Record</b>	10 mins	<p>Discuss with learners the way to access a My Health Record and how to link this to your MyGov account.</p> <p>Show the video, " Linking My Health Record to myGov". (3.37mins)</p> <p>Mention where the information contained in My Health Record comes from.</p>	<p>Quick questions at the end such as "so what information will MyGov ask of you when you try to link your My Health Record?" or "how would you access your My Health Record if you can't answer the security questions?" will show understanding.</p>	<p>Linking My Health record to myGov video  <a href="https://vimeo.com/711099169/b26df10b92?share=copu">https://vimeo.com/711099169/b26df10b92?share=copu</a></p> <p>Link to myGov  <a href="https://my.gov.au/">https://my.gov.au/</a></p>
<b>Break</b>	10 mins	<p>Give learners a chance to have some informal chat time to talk about what you have just shown them</p>		
<b>Practical activity to summarize</b>	20 mins	<p>Ask learners to complete the Online learning module - for My Health Record Home Page. Some video content may be repeated and it contains quiz questions.</p>	<p>Learners complete the online module and feel more confident in navigating My Health Record</p>	<p>Link to <a href="#">Introduction to the My Health Record Home page - Overview</a></p>

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<b>Session review and wrap up</b>	10 mins	Group discussion. Ask open questions around My Health Record and how it works, the different sections and what information you might find on there. Revisit Learning objectives and ensure everyone agrees that they've been met.	Learners should be able to answer questions fully based on what they've seen at this session	Seek feedback on the session.

### Suggested next steps:

Now learners have an understanding of what My Health Record is and how to use it, they may want to know more about how to keep their information safe and manage who can access their My Health Record. There is a session plan here for this:

[Session plan\\_mhr\\_privacy and access](#)

Alternatively, learners can find out more about how to find reliable health-related information online. The session plan for this is here:

[sessionplan\\_how to find reliable websites for health and wellbeing info](#)