



Media release

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Keeping prescriptions in one place now makes my health app the first stop for a healthy holiday

The ‘digital front door’ for key health information, **my health** app, has new features to help Australians manage their health and wellbeing wherever they travel over the holiday season.

The Australian Digital Health Agency (the Agency) has released a significant update to the user-friendly app to end the inconvenience and cost of misplacing electronic tokens or paper prescriptions, often called scripts.

Agency CEO Amanda Cattermole PSM said the latest update to **my health** app makes it a unique digital means of enabling Australians to manage electronic prescriptions alongside their individual key health information in a secure and convenient location.

“Australians caravanning across the country or flying to family festivities should download **my health** app before they travel, so their health information and tools to support them are always in reach,” Ms Cattermole said.

“Whether you are a busy parent, an interstate traveller, or someone with chronic or complex health conditions, the upgrade to the **my health** app has been designed and tested with diverse consumer groups to ensure it is a health saver for everyone.”

Broken Hill mother Danielle Keenan says the upgrade will be a game changer in managing the health of her 12-year-old daughter Augie who lives with Juvenile Diabetes and other health conditions that require close management.

“I organise countless appointments and scripts each year, so having scripts in one convenient location alongside other key health information will bring me peace of mind,” Mrs Keenan said.

“It also makes it easier to travel interstate as a family because Augie’s health information can be easily accessed wherever we are by healthcare providers - and that could be a life saver for her if we had an accident.”

Agency Chief Clinical Advisor (Medicine) Dr Amandeep Hansra said **my health** app is increasingly useful when people are in emergency situations.

“Diagnostic imaging and pathology reports are being shared to My Health Record in growing numbers, which allows clinicians to access critical information that is not always available in their own organisation's health records. Access to this information on their mobile phone through **my health** app will also empower consumers to take control of their health” Dr Hansra said.

The upgrade to **my health** app provides enhanced usability and a fresh new look. Additional features include:

- the ability to manually add or edit medicines you are currently taking, allergies, and adverse reactions
- options to link or delink an Active Script List (ASL) once registered with a pharmacy
- updates to the organ donor status information

- add, update and view emergency contact information.

For more information about my health app [visit the digital health website](#) or download my health app for iOS or Android from the App Store or Google Play for a healthy holiday season.

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About the Australian Digital Health Agency

When it comes to improving the health of all Australians, the role of digital innovation and connection is a vital part of a modern, accessible healthcare system. Against the backdrop of COVID-19, digital health has seen exponential growth in relevance and importance, making it more pertinent than ever for all Australians and healthcare providers.

Better patient healthcare and health outcomes are possible when you have a health infrastructure that can be safely accessed, easily used and responsibly shared.

To achieve this, the [National Digital Health Strategy](#) is establishing the foundations for a sustainable health system that constantly improves. It underpins and coordinates work that is already happening between governments, healthcare providers, consumers, innovators and the technology industry.

For further information: www.digitalhealth.gov.au.

The Australian Digital Health Agency is jointly funded by the Australian Government and all state and territory governments.