

# Coming Soon!

## MyHealthNL: A Personal Health Record for our Citizens

Limited Release March 2023

### What is a Personal Health Record?

**A Personal Health Record is a computer-based medical record that securely provides individuals with access to all or a portion of their health information.**

This is part of a National strategy to improve Canadians' access to health information, and digital services and tools, aligning with Provincial strategic priorities.

### Benefits of a Personal Health Record

- improved medication safety and adherence
- more informed discussions with healthcare providers
- reduced burden of costs and wait times associated with unnecessary trips for healthy visits
- improved continuity of care for citizens without a Primary Care Provider
- improved self-management of chronic diseases
- improved ability to support dependent family members and those in the circle of care

#### What personal health information is included?

- Laboratory results: 7 days after they are available to the healthcare provider
- Pathology results: 14 days after they are available to the healthcare provider
- Medical Imaging reports: 14 days after they are available to the healthcare provider
- Summary of dispensed medications

#### What other features are included?

- Access to a health library for easy-to-understand information about health conditions, tests, procedures, and medications
- Access to online Mental Health support via Bridge the Gapp
- Ability to grant family and caregiver access to your health information
- Private and secure access through MyGovNL service

We want to hear from you!

If you have questions or feedback, please contact us at [MyHealthNL@nlchi.nl.ca](mailto:MyHealthNL@nlchi.nl.ca)

