



# ManageMyHealth™ puts you in control

ManageMyHealth™ is an online service that gives you the freedom to manage your health needs and that of your family anytime, anywhere.

ManageMyHealth™ allows you to access your medical records and view medical conditions, lab results, immunisation records, allergies, prescriptions and share health information as required with other healthcare providers.

ManageMyHealth™ also provides you with online tools to improve your health and track your progress online.

ManageMyHealth™ is available to you right now. All you need to do is ask your medical centre. The registration process is quick and easy, and you'll be up and running in just a few minutes.

*So why not take control of your health and join today?*



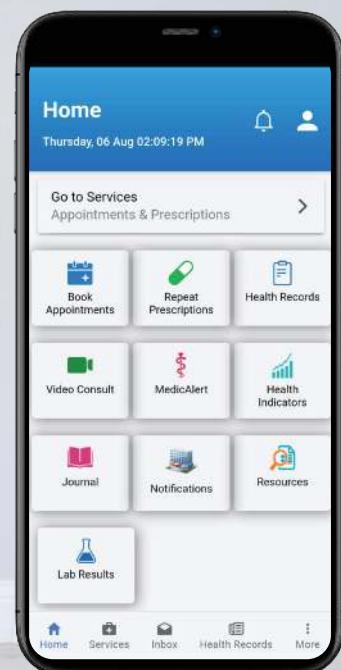
*If you would like the convenience to manage your health records and bookings anywhere and any time, register for ManageMyHealth today.*

*Ask your clinic how.*

## ManageMyHealth™ services

- Access and maintain your Medical Records
- Book Appointments with your doctor/nurse
- Request Repeat Prescriptions
- Communicate with your health professional securely
- View Test Results
- Attend video or phone consultations
- Manage your health goals and track progress
- Access health resources
- Receive recall and appointment reminders - managed in a health calendar
- Access and maintain your Medic Alert® profile
- Make payments online or via the app

*"ManageMyHealth empowers patients to control of their health records from their smartphone. They can book appointments, request repeat prescriptions, communicate with their doctor and view their lab results."*





## How to Register?

Registering for ManageMyHealth™ is simple, just ask the receptionist at your medical centre

You will need to provide an email address and proof of identity.

Your medical centre will provide you with an activation code and instructions on how to complete your registration online.

It's just that simple!



### Protecting your information

ManageMyHealth™ is hosted in a secure environment in New Zealand.

Similar to internet banking, ManageMyHealth™ uses SSL security technology to ensure your information is completely safe and secure.

We also rely on you to keep your password a secret and to take all reasonable measures to protect your information.



## Register today and experience the benefits

ManageMyHealth™ is an efficient way to control and manage your health and your family's health. Even if you don't see your doctor often, ManageMyHealth™ can help you stay on top of your health and wellness.



MANAGE  
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HEALTH

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[www.managemyhealth.co.nz](http://www.managemyhealth.co.nz)

The freedom to manage your health and wellness online