

*You're
in control*

ItsMyHealth™ offers a new online service that gives you the freedom to manage your health needs anytime, anywhere.

At ItsMyHealth™ you can log on to your ManageMyHealth™ account and access your medical records and view medical conditions, lab results, immunisation records, allergies, prescriptions and other information online.

You will also be able to improve your health and track your progress online.

ManageMyHealth™ is available to you right now. The registration process is quick and easy. All you need to do is talk to your doctor or a member of your general practice team.

Take control of your health and join today!



*Safe and secure
management of your healthcare.*

Even if you see your doctor often, you can stay on top of your health and wellness at ItsMyHealth.co.nz

For more information

visit www.ItsMyHealth.co.nz



*The freedom
to manage your
health and
wellness online*










ItsMyHealth.co.nz



Online services

Save time and take care of your health needs online.

At ItsMyHealth.co.nz you can access a range of services by logging on to your ManageMyHealth™ account you can:

-  View your medical records
-  Book appointments with your doctor or nurse
-  Request repeat prescriptions
-  View lab results
-  Send secure electronic messages to your doctor
-  Manage your health goals and track your progress
-  Update some of your personal information
-  Receive recall and appointment reminders – all managed in a health calendar
-  Access and maintain your MedicAlert® profile

Please note: Some of the services may not be available at your practice. Some online services may also incur a fee.



Get started



Registering for ManageMyHealth™ is simple, just ask your doctor or a member of your general practice team.

- You will need to provide a personal email address and proof of identity.
- You must be 18 years old or over to sign up.
- The practice will provide you with an activation code and instructions on how to complete your registration online.

Talk to a member of your general practice team to get more information about any costs involved to register.

Safe and secure

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

Similar to internet banking, your records are protected by Secure Socket Layer (SSL) technology to ensure your information is completely safe and secure.

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

what happens next?

These are the next steps once you have registered for ManageMyHealth™

- You will be given an activation code
- Go to www.itsmyhealth.co.nz
- Click on the patient log on link
- Click on "Activate Now"
- Enter your email address and activation code
- Click on "Activate"