

Ni ibiki bigize My Health Record (amagara yanje)?

Ibigize My Health Record bishobora kuba bikubiyemwo:

- ✔ Imiti uriko urafata, uranywa wandikiwe n'umuganga wawe
- ✔ Kahise k'ivyo wasavye abajewe amagara yawe
- ✔ Iryo wahisemwo mu gutanga igice kigize umubiri wawe

Abaganga yawe n'abandi bose bakora ku vyerekeye ivyo amagara bashobora kubona kandi bakongerako inkuru ku vyerekeye ibijanye My Health Record harimwo:

- ✔ Impfunyapfunyo y'ibigize kahise k'amagara yawe, ingwara n'ingene wawuwe
- ✔ Ibijanye n'ingene wasohowe, wavanywe mu bitaro
- ✔ Ibipimo, ivyavuye mu maradiyo wacishijwemwo (nka ultrasound canke ibicapo vya X ray)
- ✔ Ivyerekeye ibipimo bakugiriye* (nk'akarorero ibipimo vy'amaraso)
- ✔ Ivyete vyanditswe na ba karuhariwe bakurikirana ivyerekeye amagara yawe

Urashobora kwongerako:

- ✔ Ikintu cose ushobora kurya canke kunywa kikagira ingaruka mbi ku mubiri
- ✔ Abantu bashobora kwakura vyihutirwa, ningoga igihe ugize ikibazo hamwe n'ido n'ido yingene umuntu ashobora kubashikira
- ✔ Iryo wagiye urandika ku vyerekeye amagara yawe
- ✔ Inkuru yerekeye ivyo wapanze imbere y'igihe (muri ivyo harimwo ivyipfuzo vyawe ku vyerekeye ivyo bogirira ku magara yawe igihe woba umereye nabi cane utipfuzo kuvuga, kubarira abantu)
- ✔ Iyindi miti canke ingaburo ushobora kuba uriko urafata, nk'imiti ufatira kwa muganga gusa

Urashobora kandi gukinga ko abantu bashobora kwinjira My Health Record mu kubuza abantu ko binjira mu bigize amagara yawe mu kugabanura abashobora kubona ivyerekeye amagara yanje canke uwushobora guhindura igihe ico ari co cose.

*ibigije kuza vuba m'ibindi miki

"Ivyegeranijwe My Health Record ni vyo binkingira. Kandi ico ni co vyegeranirijwe."

Ian, umukukuruke yahoze ari uwun-yonga indege akaba n'umurimi, South Australia

My health record Amagara vyamfashije mu gihe nari mu kaga gakomeye

“Hari ku musi w'ivuka ry'umuhungu wanjye nca ndamugendera, i Sydney kugira ngo uwo musi tuwuhimbarize hamwe. Twacye twinjira mw'I Hotel, inyuma y'amasaha atatu, nisanze ndi inyuma muri Rusehabaniha (ambulance) banjanye mu bitaro.

Basanze ngwaye ico bita pancreatitis. Inyuma y'imisi ine namaze mu bitaro, nacye ndabasaba ko bondekura ngataha i muhira ariko nkazoguma nja kuraba umuganga wanjye ankurikirana ku bindi bizoba bikenewe.

Igihe naja ku muganga ankurikirana nasanze mu biraro narimwo batampaye inkuru n'imwe ijanye n'ukungene nzobandanya mvurwa. Ngira Imana uwo muganga aca araraba My Health Record kandi mu munota utarenga umwe, yacye abona ido n'ido ry'ibikenewe gukorwa kugira ngo ankingire, amfashe”.

Inkuru n'imfashanyo

Ni hehe noronka izindi nkuru canke imfashanyo?


- 🌐 Ja kuri myhealthrecord.gov.au
- 📞 hamagara inomero yacu **umurongo wo gutabaza kuri 1800 723 471**
- 👤 Gendera canke urabire kuri **Medicare Service Centre**


Izindi mfashanyo?

Imvukira na Torres Strait Islanders hamagara kuri **1800 723 471**

Nimba uri umuvyeyi, uwureze abandi, canke uwushigikira umuntu akeneye imfashanyo, kandi ukaba ushaka kumenya ingaruka ibi bishobora kukugirako, ronderera, ja kuri:

myhealthrecord.gov.au/parentsandcarers

 Nimba ufise ingorane zo kuvuga, ugigimiza canke ugendana ubumuga bwo kutumva, koresha relayservice.gov.au canke uhamagare kuri 1300 555 727

 Nimba ukeneye imfashanyo mu rundi rurimi hamagara **131 450**

Ibitugenga birimwo inkuru zerekeye ingene ushobora gushikira no gukosora inkuru yawe, canke ukitwara iyo bakurengeye akarimbi. Rabira kuri myhealthrecord.gov.au/privacy canke uduhamagare, utwakure kuri **1800 723 471**

My Health Record

Ivyo ukeneye kumenya vyose



My Health Record Ivyihuta biboneka

My Health Record ni izina rishasha ry'ivyerekeye icegeranyo c'ibigize amagara yanje mu gihugu. *My Health Record* bisigura ibintu nyamukuru bigize amagara yawe n'ama allergies, ingene urwaye, ingene umerewe, ingene bakuvuye, imiti bakuvuye, ido n'ido ry'imiti bakuvuye, ibipimo bagutumye hamwe n'ibicapo vyavuye mu maradiyo wagiriwe, bishobora kubikwa ahantu hamwe.

Abajewe, abakora ivyerekeye amagara y'abantu nk'abaganga, abanonosoye ivyerekeye ingwara, hamwe n'abakozi bakora mu vyo kwa muganga bashobora kubirabira ku ngurukanabumenyi aho baba bari hose igihe ico ari co cose igihe baba babikeneye, nk'iyi ushikiwe n'impanuka, canke habaye icaduka kanaka cerekeye amagara yawe.

Uko abantu benshi bakoresha *My Health Record*, ukugene ibigize amagara y'abantu ku rwego rw'igihugu ca Australia bizoca biba vyoroshe guhanahana inkuru no kumenyekanana. Ibi bizotuma ukwitwaririka amagara yawe vyihuta, bitera neza kurushiriza ku giti cawe, ku gatwe kawe hamwe n'ako ku muryango wawe.

Abantu barenga imiriyoni zibiri n'ibihumbi amajana atandatu z'abenegihugu ba Australia baja bafise, bararonse *My Health Record* (nka rimwe baja barahamagaye ico bita Personally Controlled Electronic Health Record canke PCEHR). Hafi nk'abantu bashika **2000** ku musi baguma babisaba muri Australia.

My Health Record birakingiwe kandi birafise amategeko abigenga. Co kimwe no kubika canke babikuzwa amafaranga bicishijwe kuri bwa buhinga ngurukanabumenyi.

Inyungu zijanye no kwiwandikisha canke no kuronka “Ibigize Amagara Yanje”



Bishikwako vyoroshe

Inkuru ngirakamaro ijanye n'amagara yawe irashobora kuboneka no gushikirwa n'abaganga bawe bazwi, bemewe, babimogoreye, canke ibitaro.

Mbere naho wokwimuka ukaja kuba mu bindi bice, izo nkuru zijanye n'ibigize Amagara Yawe zirashobora gukurikiranwa no kuboneka kuri abo bavyemerewe, bakurikirana Amagara yawe aho ari ho hose kandi igihe ico ari co cose.

Ubishatse urashobora na we kuraba ivyerekeye ibigize Amagara yawe ukabirabira ku mashini nyabwonko iyo ari yo yose iyo iri kuri internet. Abo wemereye bonyene nibo bashobora kuraba Ibigize Amagara yawe, abandi bose urashobora kubankira. Igihe bimaze gushirwaho nta kindi ukeneye gukora canke kubikorako.



Ugukingirwa kudasanzwe, gukomeye

Iyo ubihisemwo canke uvyipfuzwa urashobora kwemerera canke kwankira uwo ushatse wese ko adashobora kuraba inkuru ijanye *My Health Record*.

Hariho amategeko akomeye yerekeranye n'ibijanye hamwe n'abemerewe kuraba canke gukoresha Ibigize Amagara Yanje kugira ngo barinde inkuru ijanye n'ivyerekeye amagara yawe, ko bidatakara canke bitokoresha mu buryo bubwiye. Hariho ibihano bikomeye ku muntu uwo ari we wese yorenga kuri ayo mategeko.



Uburyo bukwohera cane kurusha

Ntukwiriye gutinya kutibuka canke gusubiramwo kahise k'amagara yawe nk'imiti, ido n'ido ry'ingwara zidakira burundu, amatariki y'igihe herukira kwa muganga canke ibipimo bisha uherutse kuronka kubera ugiye ku baganga bashasha.

Ni co kimwe no kuri kahise k'amagara y'abana bawe nk'igihe baronkeye incanco n'ibihe baherukirako gupimirwa ingwara.



Ibijanye no gukingira birengeje inkuru utanga

Mu gihe bigoranye mu vy'amagara kandi vyihutirwa, abajewe ivy'amagara no kuvura barashobora kwinjira mu bigize *My Health Record* system bakabona ivyerekeranye n'amagara yawe canke ivyegeranijwe ku magara yawe kugira ngo bashobore kukuvura mu buryo bwihuta.

Ubishatse urashobora kwandika imiti yose igutera allergies, canke ishobora kugira ingaruka mbi ku magara yawe, kugira ngo ufashe abo bajewe ivyo amagara y'abantu canke bakorana no kwa muganga kugira ngo baguhe impanuro kandi bashobore kukuvura neza.



Ibijanye no kutarengera akarimbi

Turubahiriza ukutarengerwa akarimbi

Kugira ngo dushireho *My Health Record*, tuzokwegeranya inkuru zerekeye wewe n'abana bawe kuva kuri Medicare hamwe n'ibindi bisata vy'areta harimwo izina ryawe, italiki wavukiyekoharimwo izina ryawe, italiki wavukiyeko, ivyerekeranye n'amagara yawe mu myaka ibiri iheze.

Amashirahamwe yemewe na Reta yiyandikishije kugira ngo akore ibijanye n'ivyo amagara y'abantu hamwe n'ibitaro arashobora gushikira ibijanye na *My Health Record* igihe baba bariko barakuvura. Urashobora kugabanya ayo mashirahamwe uko uvyipfuzwa ashobora gushikira no kubona ivyo vyegeranijwe kuri wewe vyerekeye inkuru zijanye n'amagara yawe.

Nta wundi muntu n'umwe dushobora gushikiriza inkuru zijanye n'amagara yawe kiretse vyemewe, canke bisabwe n'amategeko.

Izindi nkuru ziramvuye zishobora kuboneka kuri www.myhealthrecord.gov.au/privacy

Mu gutangura

1 ja kuri www.myhealthrecord.gov.au



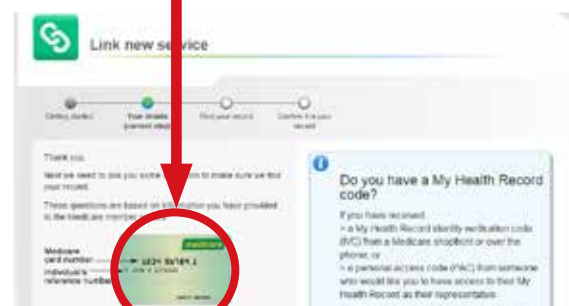
Ja kuri www.myhealthrecord.gov.au hanyuma uhitamo ibuto yerekana REGISTER. Uca uronka ikarata ya Medicare canke ikarata Y'igisata Ca Reta gifasha Abatama. Nimbi uja wariyandikishije mu bundi buryo, ca ufunda harya ku ka button ka white "link your record".

2 Kuronka myGov



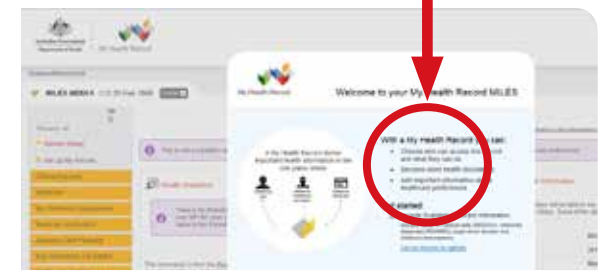
Ibi bica bigushikana kuri my.gov.au hanyuma bace bagusaba kubiterera igikumu, kuvyemera. Nimba rero utariyandikishye, kwirakira izo ntambuko z'ivyo usabwa kugira ngo wiyandikishye. Igihe umaze kugera muri myGov account, fyonda ako ka button kerekereye n'ivyo bakora hanyuma uce ufatanye na "link" kuri *My Health Record*.

3 iyandikishye kuri *My Health Record*



Kugira ngo wiyandikishye kuri *My Health Record* uzokenera kuba ufise ido n'ido y'abajewe amagara yawe na DVA hamwe n'ibindi vya nkenerwa.

4 Ongerako ibikumerera neza kurusha ibindi



Ubonye ubwa mbere ivyegeranijwe ku magara yawe, urashobora kubikingira mu gushiraho abemerewe kubiraba ukankira abatemerewe kubiraba, vyongeye ukinjizamo ibintu nkoramutima nk'abakwiye guhamagarwa igihe ugize ingorane canke ugize allergies. Igihe cose ubonye na muganga, musabe ashiremwobishasha yabonye.