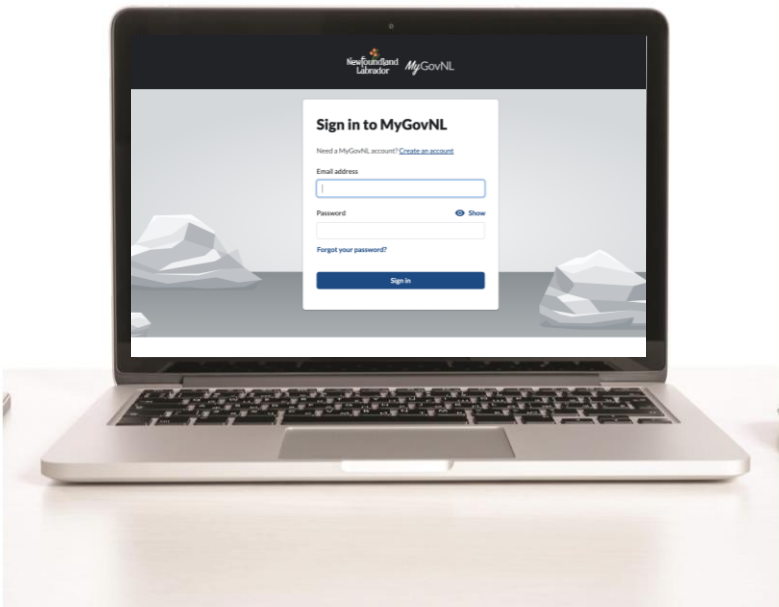


## How Can I Enroll for access to MyHealthNL?

It's as easy as 1-2-3!

1. Visit [www.mygovnl.ca](http://www.mygovnl.ca)
2. Create or login to your MyGovNL account
3. Follow the steps to link your Personal Health Record service

## MyGovNL.ca



MyGovNL.ca

MyHealthNL  
...  
[www.gov.nl.ca](http://www.gov.nl.ca)



MyGovNL

Your **personal health records** are now always on hand.

Introducing secure access to your personal health record at [MyGovNL.ca](http://MyGovNL.ca)

## Accessing your Personal Health Record in MyGovNL

### Who can access it?

To enroll for access to your Personal Health Record you must:

- Be a resident of Newfoundland and Labrador
- Be 16 years of age or older
- Hold a valid MCP
- Hold a valid Driver's License or Photo ID issued by the Government of Newfoundland and Labrador
- Have an active MyGovNL account



### What is a Personal Health Record?

A personal health record (or PHR) is a computer-based medical record that securely holds health information about an individual and is accessible by that individual. Newfoundland and Labrador's PHR is called MyHealthNL.

### How will it benefit me?

- Help monitor your medications
- Better manage your chronic health conditions
- Consistent access to accurate information
- Have more informed discussions with health care providers
- Save time and transportation costs travelling to a healthy provider visit
- Improved care for those without a primary care provider
- Easily and securely share your record with family or caregivers who assist in your well being



### What's included?

MyHealthNL will initially offer access to your:

- ✓ Laboratory Results
- ✓ X-Ray Reports
- ✓ Dispensed Medications
- ✓ Allergies

### What other features does the PHR include?

- Access online eMental Health Services
- Access an online library of health related information
- Allow sharing of health records with those who support your health care
- Link to COVID-19 resources

