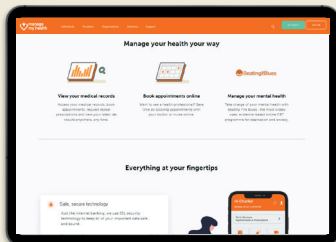## Joining is easy

1. Visit managemyhealth.co.nz and click join, or ask at your health centre.

2. All you'll need is your date of birth and the email address you have registered with your health centre to create an account.

3. You will receive an email from us with simple instructions to complete your registration online.

Visit managemyhealth.co.nz today or ask reception.

Protecting your information

The ManageMyHealth website is hosted in a secure online environment in New Zealand. Similar to internet banking, ManageMyHealth uses security technology to ensure your information is completely safe and secure. Of course, we rely on you to keep your password a secret and to take all reasonable measures to protect your information.

Register for our patient portal and connect to your health records.

ManageMyHealth is an easy way to control your 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.

SCAN ME

Download on the App Store

GET IT ON Google Play

My health records at my fingertips

Join our free patient portal today

Visit managemyhealth.co.nz today or ask reception

manage my health
managemyhealth.co.nz

ManageMyHealth puts you in control

📅 **Book appointments online with your doctor/ nurse**

🔬 **See your test results**

💊 **Order repeat prescriptions**

📁 **Access your health records**

💬 **Send a secure message to your doctor or nurse**

📹 **Attend a video or phone consultation**

📊 **Manage your health goals and track your progress**

📅 **Receive appointment reminders from your health calendar**
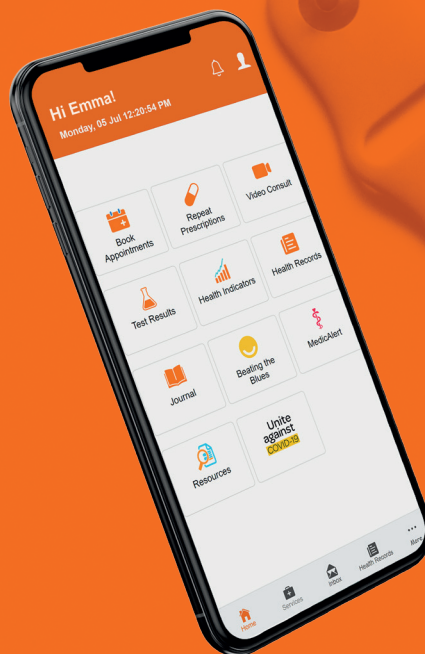
👤 **Access and maintain your MedicAlert® profile**

💬 **Make payments online or via the app**

Take charge of your and your family's health

- Manage your and your family's health online anytime, anywhere.

- Access your medical records and view medical conditions, lab results, immunisation records, allergies, prescriptions.

- Share your health information with other healthcare providers.

- Helpful online tools to improve your health and track your progress online.

- Quick and easy registration process – you'll be up and running in minutes.

"
ManageMyHealth gives me the flexibility I need to focus more on what matters most – my health. "

– Sarah S.

Download on the **App Store**

GET IT ON **Google Play**