



## Learn how to manage your health online

**Your Health in Your Hands is a free program to help you learn how to use convenient, secure online health tools like My Health Record, telehealth, electronic prescriptions, and more**

Join a free webinar, a group support session, or get face-to-face support in selected areas

To learn more:



Call 1300 795 897



Visit

[learning.goodthingsfoundation.org.au](http://learning.goodthingsfoundation.org.au)



Australian Government  
Australian Digital Health Agency



My Health Record



Good Things  
Foundation Australia



supported by

Australian Library and  
Information Association