

Getting the best use from digital health tools and services

Online health tools and services can help you manage health information.

This resource from Carers Australia has information about services like:

- myGov
- My Health Record
- telehealth.

There is advice about what to do and where to go if you don't understand how digital health services work.

The resource is written for people who care for someone else. Some of the words may be hard to understand.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

Carers Australia

Carers Australia works to improve the health, **wellbeing**

Wellbeing is how you feel in your body and mind. It includes your health, your feelings, and how you manage everyday life.

, resilience and financial security of carers. Carers Australia says that caring is a shared responsibility of family, community and government.