

# My health in my hands

Sign up with  
Manage My  
Health today

It's easy to take charge of your and your family's  
health anytime, anywhere

Join Manage My Health, our free patient portal where you can:



Book Appointments  
Online



See your  
test results



Order repeat  
prescriptions



Access your  
health records



# Manage My Health puts you in control

Manage My Health has made it simple and easy for you to take care of your and your family's health, so you can live well and enjoy more of life with your friends and family.

Trusted by over 1.75 million Kiwis and used by most health centres, you can access the portal online anytime, anywhere to connect with your clinic. You can use the helpful online tools to improve your health and track your progress online. It's quick and easy to register. You will be up and running in minutes.



## Book appointments

Save time by easily booking appointments (In-person, phone or video) online with your healthcare provider



## Make payments online

Make payments for video and phone consultations, appointments, and repeat prescriptions in real time



## Lab test results

View your lab test results as soon as your doctor receives them, directly through your personal health platform



## Repeat prescriptions

Never miss your medication requirements again, order your repeat prescriptions directly through the portal



## Access your health records

See all your recent medical conditions, immunisation records, allergies, and prescriptions at a glance



## Video and phone consultations

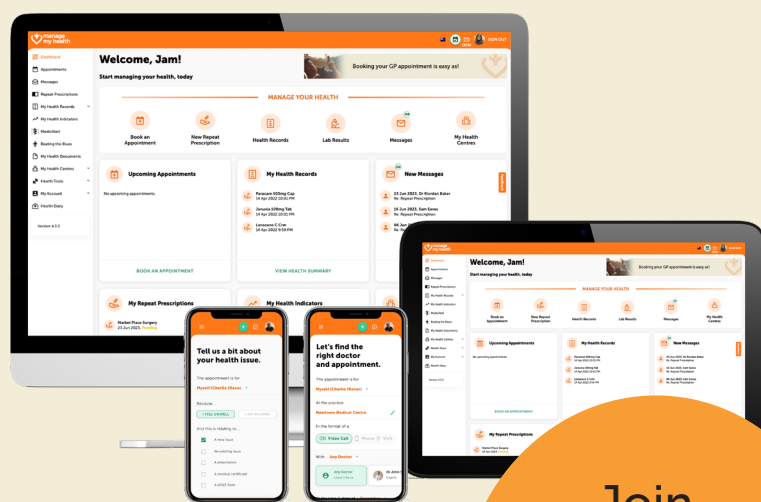
Easily connect with healthcare professionals using our high-quality virtual consultation software.

And many more ...

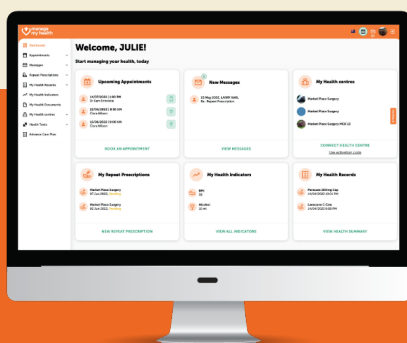
## Joining is easy

1. Visit [managemyhealth.co.nz](https://managemyhealth.co.nz) and click 'Join/Activate' 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](https://managemyhealth.co.nz) or ask your practice reception to register you today



Join today!



✉ [salesnz@managemyhealth.co.nz](mailto:salesnz@managemyhealth.co.nz)

🌐 [managemyhealth.co.nz/individuals](https://managemyhealth.co.nz/individuals)

📱 Scan the QR code to book a demo or request more information

