



Health  
Innovation  
Manchester



# Welcome to My GM Care

## **Access to your patient information on the GM Care Record**

My GM Care is a secure and convenient app that empowers you to take control of your health information. It allows you to access your patient information held in the GM Care Record.

### **What is the GM Care Record?**

The GM Care Record joins together our regions' different NHS and care organisations to help hospitals and other care services access your individual health and care records quickly and securely. It means that whenever and wherever you need care or treatment, staff have all the information they need to make the most informed decisions for your care.



Now, we're making the patient information in the GM Care Record available to all through My GM Care.

## Key Features of My GM Care:

**Access Your Health Records:** view your medications, vaccination history, and allergies



**Self-Report Your Health:** keep a record of your key health information such as blood pressure, weight, blood sugars and mood



### Access To Your Care Plans:

if you have a care plan for Maternity, Heart Failure, Dementia or Frailty, these can be accessed and updated in the app



**Secure and Private:** accessible via NHS login which is known and trusted



**Set your health goals:** plan and share your goals with health and care professionals



**Your Health, Your Choice:** use the app to remind you what to ask at appointments and make more informed decisions about your care



## How to Get Started with My GM Care:

You can download the “My GM Care” app on to your smartphone via the Apple or Google app stores or scan the QR codes below.



## Your Right to Object to Your Information Being Shared

The purpose of the GM Care Record is to improve the care that you receive, however, if you don't want your information to be shared, you have a legal right to object to your information being shared through the GM Care Record.

We ask you to think carefully before making this decision. Sharing your health and care information will make it easier for services to provide the best treatment and care for you when you most need it. Please contact your health and care provider to discuss this further.