Youth

Use MyChart to see your health records online

See your medications, get your health results faster

All Albertans over the age of 14 can now see their health care records online using MyChart.

Please note that physicians without access to Connect Care (family doctors) are not able to support MyChart at their community clinics.

MyChart is an online tool that gives you access to your Connect Care health records such as your medications, upcoming appointments, lab test results, etc.
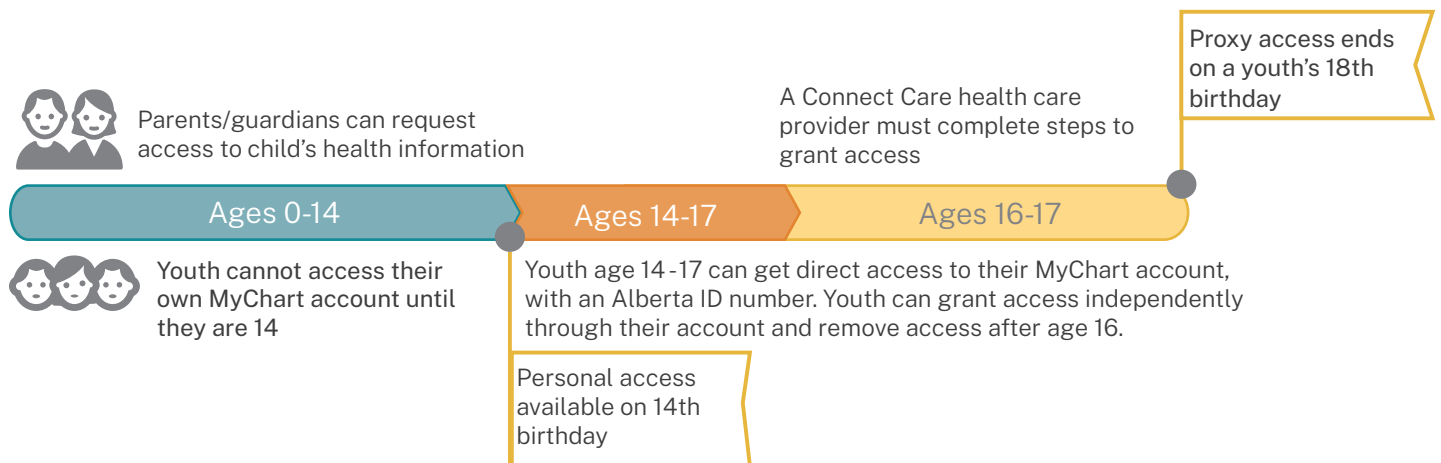
Download the app called MyChart on your mobile device.

> **!** Keep in mind, MyChart is only one way to access your health information. You and your authorized representative are key members of your health care team and can communicate with the rest of your team through phone calls and visits.

Youth aged 14 and older can sign up to access their health information electronically. You will need your own Alberta ID or a learner's permit to sign up for an Alberta.ca Account. An Alberta.ca Account will give you access to sign into your MyHealth Records account and the two tools within it, MyChart and My Personal Records.

Until you're 18 years old, your parent or authorized representative will be able to request access to all your health information on MyChart through proxy access. MyChart proxy access helps your healthcare team share your health information with your parent or authorized representative. You can disable proxy access at age 16.

A parent or authorized representative's proxy access to their youth's health information via MyChart will automatically expire when the youth turns 18 years old.

Parents/guardians can request access to child's health information

A Connect Care health care provider must complete steps to grant access

Proxy access ends on a youth's 18th birthday

| Ages 0-14 | Ages 14-17 | Ages 16-17 |

Youth cannot access their own MyChart account until they are 14

Youth age 14-17 can get direct access to their MyChart account, with an Alberta ID number. Youth can grant access independently through their account and remove access after age 16.

Personal access available on 14th birthday

> **?** Questions? You can ask your Connect Care health care team any questions you may have about MyChart, through the tool or at your next appointment, or visit www.ahs.ca/connectcare

Alberta Health Services