How to sign up

To sign up for My Medical Record, you must be registered as a UHS patient. This means you have:

- **been referred to UHS for treatment or testing**
- **received treatment or testing from UHS**
- **attended our emergency department or eye casualty unit**

Sign up by visiting mymedicalrecord.uhs.nhs.uk or by scanning the QR code on this page with your smartphone camera.

You will then be prompted to register using your **NHS Login** which you may be using for other NHS apps.

To use this service, **you must provide an email address and mobile phone number.**

SCAN ME

Access your information on-the-go

My Medical Record is also available as an app for iOS and Android devices. To download the app, search for 'My Medical Record' on your app store.

Download on the App Store

GET IT ON Google Play

Your rights

To learn about your rights regarding the ways we use your information, or to obtain copies of the information we hold about you, visit www.uhs.nhs.uk. You can also contact the data protection office by email: dataprotection@uhs.nhs.uk.

Contact us

For any medical advice or for information relating to your health condition, please contact your clinical team or call 111.

If you require urgent medical attention for a life-threatening emergency, call 999.

Technical help

If you are having trouble logging in, registering or have any questions about the app, email mymedicalrecord@uhs.nhs.uk

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone 0800 484 0135 or email patientsupporthub@uhs.nhs.uk

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalsupport

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UHSdigital

NHS
University Hospital Southampton
NHS Foundation Trust

Your healthcare, in your pocket

My medical record

Overview

My Medical Record gives you access to information about your healthcare and connects you with your clinical team and other support services.

Developed by University Hospital Southampton (UHS), this free and secure online platform is available via a website and as an app for your smartphone or tablet.

You may be invited to share information with your clinical team through this service. This can help reduce unnecessary visits to a hospital.

General features

With My Medical Record, you can;
- view details of outpatient appointments
- view documents and letters
- view approved test results
- record details such as height, weight, and blood pressure, and add your own notes
- contact patient support services

Specialist features

We have also worked with over 50 clinical teams to create features to help you manage certain conditions and prepare you for your appointments and treatments.

These features vary by service and may include:
- direct messaging with your clinical team
- information about conditions and treatments
- health diaries and questionnaires
- care plans and medication history
- details about relevant research trials

Some clinical teams are using My Medical Record to offer ongoing support following your treatment or surgery. This is sometimes called patient-initiated follow-up, or PIFU. Speak to your team to find out how they're using it in their department.

Sharing information with your clinical team

If you are using these features, your clinical team may ask you to regularly update information such as your weight or your medical history. These are things you might normally tell us when you attend a clinic appointment and allow us to provide you with the appropriate level of care.

Protect your information

The information held in My Medical Record is confidential and personal to you. To help keep this secure, choose a password that is memorable and known only to you.

Do not share your password with anyone else.

We recommend changing your password regularly (every few months) to ensure your account stays protected.

If you forget your password, you can use the 'forgotten your password?' link on the My Medical Record login page.