



Council for
Intellectual Disability



Digital MHM Folder Guide

Easy Read



Easy Read

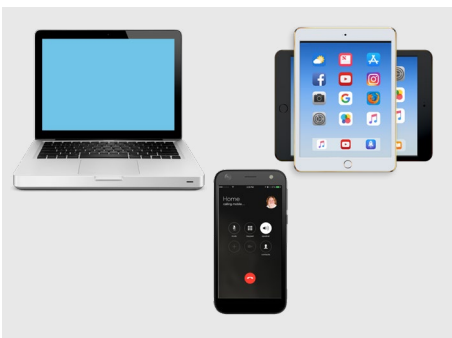
www.cid.org.au

About the digital MHM folder Guide



This guide is about the **digital My Health Matters folder**.

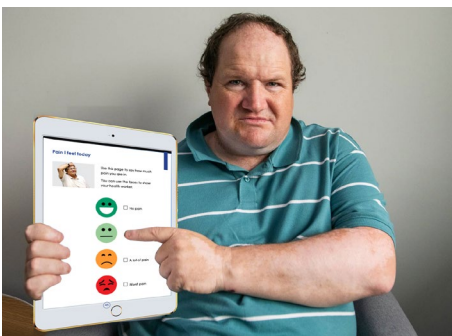
We say **MHM folder** for short.



Digital means you use the folder on your **device**.

A **device** is a

- Phone
- Computer
- Tablet like an iPad.



You can use your digital MHM folder to talk about yourself and your health.



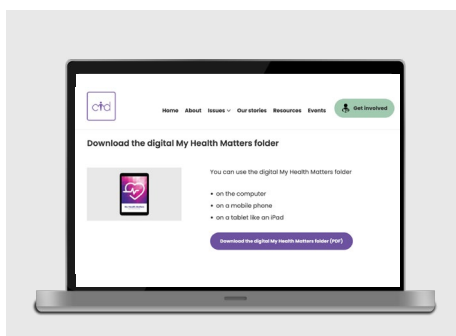
You can read the pages in the folder alone or with support.

Download the digital MHM folder from the CID website



To download the digital MHM Folder from the CID website click the link below.

www.cid.org.au/mhm-download/#digital



You can scroll down first.

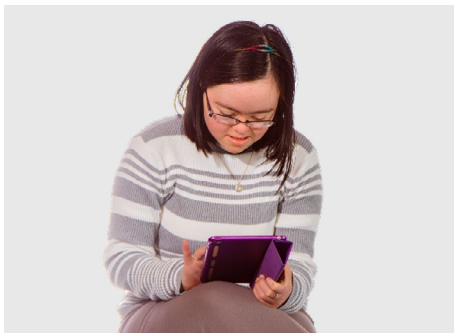
You can click the purple button that says Download the digital MHM folder.



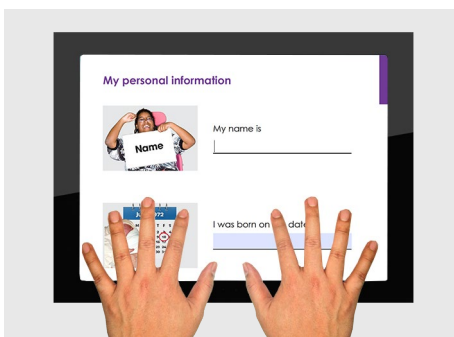
You can save your digital MHM folder onto your device.

You can do this alone or ask for support.

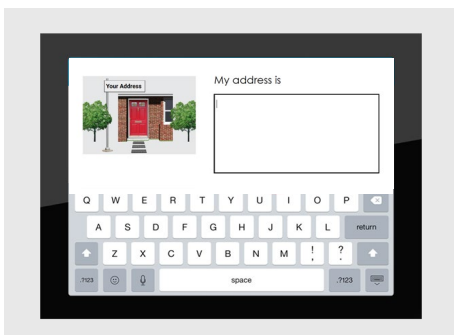
How to fill in and edit the digital MHM folder



You can edit your digital MHM Folder on your device.



You can click on the grey boxes and type to fill it in.



You might want to edit your digital MHM folder if

- You want to add a new note
- If something changes in your life like your address.



You can delete old information in the folder.

You can click on a grey box and press the backspace button.

Digital MHM folder at your health appointment

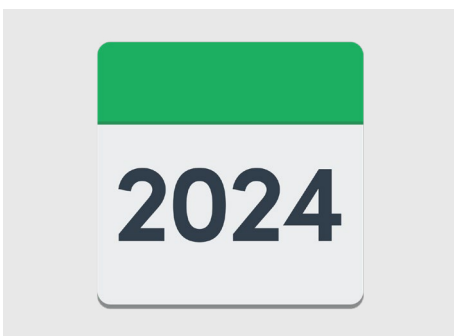


You can bring your digital MHM folder to your health appointment.



You can show your health worker your digital MHM Folder.

More information



This information guide was made in 2024.



For more information, you can contact CID.

heath@cid.org.au

1800 424 065

www.cid.org.au



Contact CID



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CID for short. You need to ask CID if you want to use any pictures in
this document. You can contact CID at health@cid.org.au

This information guide was written in 2024.

We got money from the Australian Government Department of Social
Services to make this guide.