

## PRACTICAL GUIDE

### Where can I find my health data and how can I access it?

This document contains a list of specific questions from users, designed to help citizens and patients navigate the Belgian digital healthcare ecosystem. Each use case begins with a real-life question that a citizen might ask, and links this to:

- The type of health data and the most suitable portal for finding the answer (as well as alternatives)
- The pathway within the ecosystem (how the data circulates behind the scenes)

**Important information:** The MyHealth.belgium.be website and app are the best starting point. This is the only portal that provides access to all types of data, including services specific to Belgium (implants, organ donation, disability, BelRAI). The regional portals are useful additions but have a more limited scope.

### Overview: all use cases at a glance

The table below provides a quick overview of the 15 usage questions or use cases, preceding the detailed information sheets.

|      | Question                                                               | Best portal                            | Type of data                                           |
|------|------------------------------------------------------------------------|----------------------------------------|--------------------------------------------------------|
| Q-01 | When did I receive my last vaccination?                                | MyHealth app                           | Vaccination details                                    |
| Q-02 | Which medicines am I currently prescribed?                             | MyHealth app                           | Medicines: prescribed, dispensed, medication schedules |
| Q-03 | Where can I view my latest blood test results?                         | MyHealth.belgium.be<br>Web & App       | Laboratory results                                     |
| Q-04 | I was admitted to hospital—where can I find my discharge report?       | MyHealth.belgium.be<br>Web & App       | Medical reports                                        |
| Q-05 | My specialist has requested an MRI scan — where can I view the images? | MyHealth.belgium.be<br>Web             | Medical imaging                                        |
| Q-06 | What is included in the summary of my medical records held by my GP?   | MyHealth.belgium.be<br>Web & App       | SumEHR (Summary of the medical record by the GP)       |
| Q-07 | I have a medical implant — has this been recorded correctly?           | MyHealth.belgium.be<br>Web (exclusive) | Implant Register (FAGG traceability register)          |
| Q-08 | I want to register or check my preference regarding organ donation     | MyHealth.belgium.be<br>Web (exclusive) | Organ donation (consent or objection)                  |

|              |                                                                                |                                        |                                                                             |
|--------------|--------------------------------------------------------------------------------|----------------------------------------|-----------------------------------------------------------------------------|
| <b>Q-09</b>  | Am I eligible for cancer screening (breast cancer, bowel cancer)?              | MyHealth.belgium.be<br>Web & App       | Screening tests                                                             |
| <b>Q-10</b>  | Where can I view my disability status or my MyHandicap file?                   | MyHealth.belgium.be<br>Web (exclusive) | Disability –<br>MyHandicap app                                              |
| <b>Q-11</b>  | Where can I find my care assessment (BelRAI)?                                  | MyHealth.belgium.be<br>Web (exclusive) | BelRAI platform for<br>care assessments                                     |
| <b>Q-12</b>  | Who has access to my health data? Can I manage my care team?                   | MyHealth.belgium.be<br>Web & App       | Management of<br>therapeutic<br>relationships (care<br>providers)           |
| <b>Q-13</b>  | Can I upload additional health documents in one place?                         | MyHealth app                           | Diary entries: Making<br>notes and importing<br>new documents               |
| <b>Q-14</b>  | I'm travelling through Europe — can a doctor abroad access my medical records? | Not yet fully<br>operational           | Cross-border health<br>data (EHDS –<br>European Health Data<br>Space)       |
| <b>UC-15</b> | Can I consolidate my health data from apps and smart devices in one place?     | Not yet available<br>centrally         | Personal health data<br>(apps, connected<br>devices, imported<br>documents) |

## Questions about day-to-day health

### Q-01 When did I have my last vaccination? (Covid-19, tetanus, etc.)?

|                                        |                                                                                                      |
|----------------------------------------|------------------------------------------------------------------------------------------------------|
| Type of data                           | Vaccination data                                                                                     |
| Best portal                            | MyHealth app                                                                                         |
| Also available on other portals        | MyHealth Web, MyHealthViewer, CoZo, RSB, RSW                                                         |
| What you need to do to access the data | Log in to MyHealth.belgium.be (web or app) using your eID or itsme. Go to your vaccination overview. |

### Q-02 Which medicines am I currently prescribed?

|                                        |                                                                                                                                                           |
|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Type of data                           | Medicines: prescribed, dispensed, medication schedules                                                                                                    |
| Best portal                            | MyHealth app                                                                                                                                              |
| Also available on other portals        | MyHealth.belgium.be Web, MyHealthViewer, CoZo, RSB, RSW                                                                                                   |
| What you need to do to access the data | Open the MyHealth app. In your medication schedule, you can see your prescriptions, the medicines you've been dispensed and your current medication plan. |

### Q-03 Where can I view my latest blood test results?

|                                 |                                                                                                                                                                |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Type of data                    | Laboratory results                                                                                                                                             |
| Best portal                     | MyHealth.belgium.be Web & App                                                                                                                                  |
| Also available on other portals | MyNexuzhealth, CoZo, RSB, RSW                                                                                                                                  |
| Steps to access the data        | MyHealthViewer                                                                                                                                                 |
| Type of data                    | Log in to MyHealth.belgium.be. The laboratory results will appear as soon as your healthcare provider has validated them and shared them via the regional hub. |

## Hospital and specialist care

| Q-04 I've been admitted to hospital—where can I find my discharge report? |                                                                                                                                                      |
|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Data type</b>                                                          | Medical reports                                                                                                                                      |
| <b>Best portal</b>                                                        | MyHealth.belgium.be Web & App                                                                                                                        |
| <b>Also available on other portals</b>                                    | MyHealthViewer, MyNexuzhealth, CoZo, RSB, RSW                                                                                                        |
| <b>What you need to do to access the data</b>                             | Log in to MyHealth.belgium.be. The medical reports are available on all portals. If your hospital uses Nexuzhealth, please also check MyNexuzhealth. |

  

| Q-05 My specialist has requested an MRI — where can I view the images? |                                                                                                                                                       |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Type of data</b>                                                    | Medical imaging                                                                                                                                       |
| <b>Best portal</b>                                                     | MyHealth.belgium.be Web                                                                                                                               |
| <b>Also available on other portals</b>                                 | MyNexuzhealth, CoZo, RSB, RSW                                                                                                                         |
| <b>What you need to do to access the data</b>                          | Log in to MyHealth.belgium.be or open the app. The imaging results are shared by your hospital via the regional hub. Not available on MyHealthViewer. |

  

| Q-06 What is included in the summary of my medical records held by my GP? |                                                                                                                                                                                                                         |
|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Type of data</b>                                                       | SumEHR (Summary of the medical record by the GP)                                                                                                                                                                        |
| <b>Best portal</b>                                                        | MyHealth.belgium.be Web & App                                                                                                                                                                                           |
| <b>Also available on other portals</b>                                    | MyHealthViewer, CoZo, RSB, RSW                                                                                                                                                                                          |
| <b>What you need to do to access your data</b>                            | Log in to MyHealth.belgium.be or open the app. The SumEHR is created by your treating doctor and contains your key diagnoses, allergies and medical history. It is not a complete copy of your doctor's internal notes. |

## Specific Belgian services

### Q-07 I have a medical implant — has this been recorded correctly?

|                                 |                                                                                                       |
|---------------------------------|-------------------------------------------------------------------------------------------------------|
| Type of data                    | Implant register (FAMHP traceability register)                                                        |
| Best portal                     | MyHealth.belgium.be (exclusive)                                                                       |
| Also available on other portals | —                                                                                                     |
| Steps to access the data        | This information is only accessible via MyHealth.belgium.be. Log in and go to the 'implants' section. |

### Q-08 I want to register or check my organ donation preferences

|                                 |                                                                                                   |
|---------------------------------|---------------------------------------------------------------------------------------------------|
| Type of data                    | Organ donation (consent or objection)                                                             |
| Best portal                     | MyHealth.belgium.be (exclusive)                                                                   |
| Also available on other portals | —                                                                                                 |
| Steps to access the data        | Accessible only via MyHealth.belgium.be. You can view and manage your organ donation declaration. |

### Q-09 Am I eligible for cancer screening (breast cancer, bowel cancer)?

|                                            |                                                                                                                                                                   |
|--------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Type of data                               | Screening tests                                                                                                                                                   |
| Best portal                                | MyHealth.belgium.be Web & App                                                                                                                                     |
| Also available on other portals            | MyHealthViewer, CoZo (partially on RSB/RSW)                                                                                                                       |
| What do you need to do to access the data? | Log in to MyHealth.belgium.be or open the app to view your invitations and screening results. In Flanders, MyHealthViewer and CoZo also display this information. |

### Q-10 Where can I view my disability status or my MyHandicap file?

|                                 |                                                                                          |
|---------------------------------|------------------------------------------------------------------------------------------|
| Type of information             | Disability – MyHandicap app                                                              |
| Best portal                     | MyHealth.belgium.be (exclusive)                                                          |
| Also available on other portals | —                                                                                        |
| Steps to access the data        | Only accessible via MyHealth.belgium.be, which redirects directly to the MyHandicap app. |

#### Q-11 Where can I find my care assessment (BelRAI)?

|                                        |                                                                                                                                              |
|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Type of data</b>                    | BelRAI platform for care assessments (General assessment of the care needs of vulnerable people or people in complex care situations.)       |
| <b>Best portal</b>                     | MyHealth.belgium.be (exclusive)                                                                                                              |
| <b>Also available on other portals</b> | —                                                                                                                                            |
| <b>Steps to access the data</b>        | Accessible only via MyHealth.belgium.be. The BelRAI assessments evaluate the care needs of vulnerable people or those in complex situations. |

## Manage your care team, your choices and your data

#### Q-12 Who has access to my health data? Can I manage my care team?

|                                        |                                                                                                                                                                |
|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Type of data</b>                    | Management of therapeutic relationships (care providers)                                                                                                       |
| <b>Best portal</b>                     | MyHealth.belgium.be Web & App                                                                                                                                  |
| <b>Also available on other portals</b> | MyHealthViewer, MyNexuzhealth, CoZo, RSB, RSW                                                                                                                  |
| <b>Steps to access your data</b>       | Log in to MyHealth.belgium.be or open the app. You can view and manage your care relationships, i.e. which members of your care team have access to your data. |

#### Q-13 Can I upload additional health documents in one place?

|                                        |                                                                                                                                                                                                                                                |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Type of data</b>                    | Diary entries: Create a note & import new documents                                                                                                                                                                                            |
| <b>Best portal</b>                     | MyHealth app                                                                                                                                                                                                                                   |
| <b>Also available on other portals</b> | MyNexuzhealth, RSB and RSW allow you to import documents                                                                                                                                                                                       |
| <b>Steps to access your data</b>       | At present, there is no central location where you can import all your personal data and retrieve it on MyHealth.belgium.be. Innovative projects such as WE ARE in Flanders (which uses Solid PODs) are working on citizen-controlled storage. |

## Cross-border and forward-looking

### Q-14 I'm travelling through Europe — can a doctor abroad access my medical records?

|                                 |                                                                                                                                                                                       |
|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Type of data                    | Cross-border health data (EHDS – European Health Data Space)                                                                                                                          |
| Best portal                     | Not yet fully operational                                                                                                                                                             |
| Also available on other portals | —                                                                                                                                                                                     |
| Steps to access the data        | The European Health Data Space (EHDS) aims to make this possible in the future. Cross-border exchange is currently limited. The HDA is coordinating Belgium's connection to the EHDS. |

### UC-15 Can I consolidate my health data from apps and smart devices in one place?

|                                 |                                                                                                                                                                                                                                                  |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Type of data                    | Personal health data (apps, smart devices, imported documents)                                                                                                                                                                                   |
| Best portal                     | Not yet available centrally                                                                                                                                                                                                                      |
| Also available on other portals | MyNexuzhealth supports imported documents                                                                                                                                                                                                        |
| Steps to access the data        | At present, there is no central location where you can import and retrieve all your personal data on MyHealth.belgium.be. Innovative projects such as WE ARE in Flanders (which uses Solid PODs) are working towards citizen-controlled storage. |