



Gain an overview with HelsaMi  
Scan the QR code or read more at [helsami.no](https://www.helsami.no)

## A little information for you about what HelsaMi is:

### What is HelsaMi?

- Through the app or a browser, you can gain an overview of your health information and have a dialogue with the health system, simply and securely.

### For what can I use HelsaMi?

- An overview of appointments
- To view health information and test results
- Letters and messages
- Video consultations
- Much more

### Must I use HelsaMi?

- No. It is voluntary. You can use a telephone and letters by mail, as before.

### Is my information secure at HelsaMi?

- Yes. You log in through the ID portal in the same way as you do for many other public services.

### Who can use HelsaMi?

- Anyone over 16 years of age who needs health assistance or care services from a hospital, a municipality or their regular doctor, who uses HelsaMi. See the overview at [www.helsami.no](https://www.helsami.no).
- You can also gain access as an affected party or on behalf of your own children.

### What can I find in HelsaMi that I cannot find at Helsenorge?

- In HelsaMi, you can view information from your own journal, such as visit summaries following consultations or hospital admissions, and much more.
- You have the opportunity to have a dialogue with many of your health contacts.

Mid-Norwegian municipalities and Health Mid-Norway own the platform.  
One can find translations into multiple languages at [www.helsami.no](https://www.helsami.no)



[www.helsami.no](https://www.helsami.no)

