



My Kanta Pages

– guide to citizens

Kanta

See your health data in My Kanta Pages

When you visit a public or private healthcare provider or a pharmacy, information about your visit is entered in the Kanta Services. When you want to read your own health data, you must log in to My Kanta Pages.

In My Kanta Pages, you can see, for example, prescriptions issued for you, as well as entries made by the doctor, that is the appointment data. In the future, the data of social welfare services will also be shown in My Kanta Pages. Social welfare services include for example services for people with disabilities and housing services.

If you give your permission, all professionals attending to your care can see the data that has been recorded about you in Kanta. Giving the permission facilitates the work of healthcare professionals.

This guide explains what information is available in My Kanta Pages. It also explains what kind of data about you is shown to professionals who are using Kanta and how you can influence who can see your data.



Logging in to My Kanta Pages

You can use My Kanta Pages if you have a Finnish personal identity code and one of the following means of identification:

- online banking codes
- mobile ID
- electronic ID card.

How to log in to My Kanta Pages

- 1.** Go to **kanta.fi**.
- 2.** Click the button on the upper right-hand corner of the page. **Log in to My Kanta Pages**.
- 3.** Select the method of identification.

After identification, you can move on to the front page of My Kanta Pages.

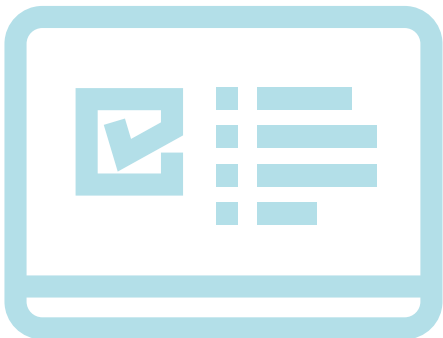


How can I make use of My Kanta Pages?

In My Kanta Pages, you can

- view your prescriptions and request to renew them
- view data related to your health and medical care, for example, laboratory test results and diagnoses
- record an organ donation testament and living will
- view the data of a minor, that is a child under 18
- act on behalf of another adult if you have a mandate to do so.

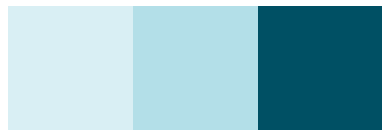
Recording the data in Kanta is useful for you and the healthcare professionals. The security of care will improve when all your health data is in one place. With Kanta, the professionals looking after you can see your prescriptions and test results. There is no need to do the same tests over again, and this saves time and money.



Your data is stored safely in Kanta

In the Kanta Service your health data is safe. Your health data can only be viewed by the professionals who you are dealing with and who are attending to your care. Your information is confidential and it is not shared without your consent.

If you wish, you can consent to sharing your data between different healthcare organisations. In that case, the professionals attending to your care will also see in Kanta the medical records that have been entered elsewhere. These may include, for example entries made by the healthcare service in a different location or by a private healthcare provider. You can refuse to share your health data between organisations either in full or in part. For example, you can refuse to share the data regarding a particular appointment.



Acting on behalf of a child in My Kanta Pages

A guardian can access the health records of a child under 10 years of age in My Kanta Pages.

They can also view the data of children between 11 and 17 years after changes in the information systems have been made in the healthcare services.

The attending professional will assess whether the minor, that is a person under 18 years of age, has the capacity to decide on their own medical treatment. When a young person has this capacity, they can choose whether their guardians can see their data in My Kanta Pages. If a young person cannot decide on their medical treatment alone, the guardians will see the appointment data.

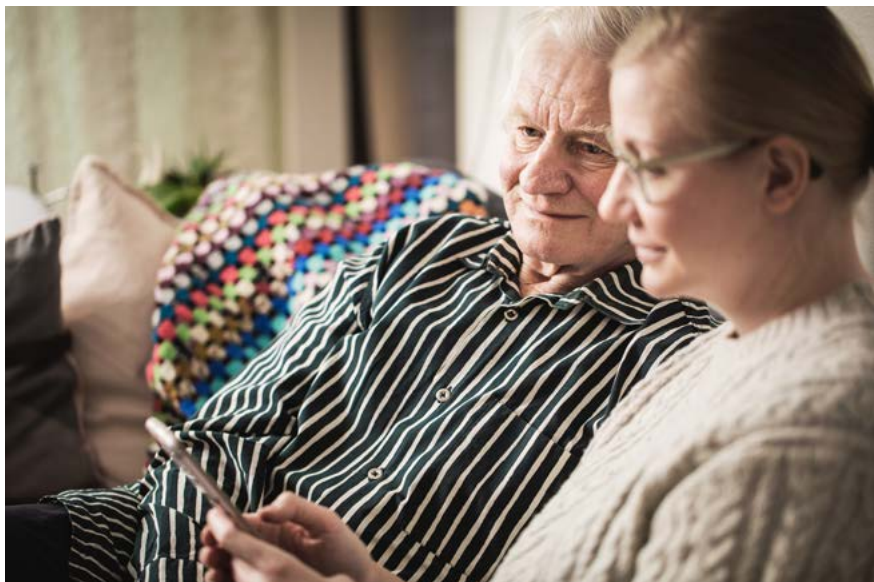


Acting on behalf of another adult in My Kanta Pages

You can also act on behalf of another adult in My Kanta Pages. You need a Suomi.fi mandate in order to act on behalf of an adult. The mandate is called *Managing matters related to healthcare*. You can also use the same mandate to act on behalf of another adult in many other e-services in healthcare. The mandate can be requested at the address **Suomi.fi**. For example, an elderly or sick person can benefit from having someone who can act on their behalf in My Kanta Pages.

On behalf of another person, you can, for example,

- request a repeat prescription
- view laboratory test results
- view healthcare appointment data.



Where can I get more information?

- kanta.fi
- social and healthcare professionals and pharmacies

The Kanta Services on social media

 on Facebook: **Kantapalvelut**

 on Twitter: **@Kantapalvelut**

Kanta

The Kanta Services are maintained by Kela. Kela develops the Kanta Services together with the Finnish Institute for Health and Welfare and the Ministry of Social Affairs and Health.

