

# Requesting Mature Minor Access

A mature minor is a person 18 years old or younger who has been deemed mature enough to understand and access their own health information. As a mature minor, you don't need a parent's or guardian's permission to gain access to your own health information.

To request mature minor access, you need to exist in our health care system. This means you must have visited a health care facility in Northern Health at least once.

## HOW TO REQUEST MATURE MINOR ACCESS

1. Download the [Request Mature Minor Access Application form](#) or visit a [local health information department](#) to get a copy.
2. Go to your family doctor, nurse practitioner, or psychologist and have them complete the form with you.
3. Schedule a virtual session or return to the local admitting/registration desk with your signed original form and government-issued ID ready. Examples:
  - BC Services Card
  - Combined BC Services Card
4. Return the completed form to Northern Health.
  - Fax or mail it to your [local health information department](#).
  - Drop it off at the admission/registration desk at your [local health information department](#).

**Note:** If you mailed the form, be sure to allow a few days for Northern Health to receive and process it. If you fax it or drop it off in person, it will be processed the same day.

5. You can now enroll in HealthElife.
  1. The first step is to get your PIN. For full details, see this tipsheet: [Getting your HealthElife PIN](#).
  2. The next step is to set up your account. See [Setting up your HealthElife account, logging in, and signing out](#).
6. Congratulations! You can now access your own health information. For more details on using HealthElife, including FAQs and links to other tipsheets, see <https://www.northernhealth.ca/services/digital-health/healthelife>