



MyHEALTH
for life



MyHEALTH Portal

Health Portal developed by Ministry of Health Malaysia to provide health information for Malaysians through the internet

A component of the Telehealth Project by Ministry of Health under MSC Malaysia Flagship

Enhance the level of knowledge and develop skills among Malaysians

Enhance individual involvement in the care for self and family



Services Available

Health articles according to Age groups & Specific Category

Directory of Health Services

Discussion Forum

Ask The Expert

Health Activity & Alert

Health News & Articles

Health Quiz

Frequently Asked Questions

Online Poll



Ministry of Health
Malaysia



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