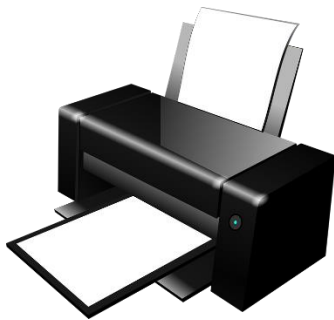


Printing the My Health Matters folder



This document will help you print and put together the My Health Matters folder.



You will need to print the pages for the folder.

This is all explained under the heading

Printing



You will need to buy a folder and plastic wallet binder.



We have included information about this under the heading **What you'll need to buy**

Printing



To download My Health Matters click on the link below or type it into your internet browser.

http://www.nswcid.org.au/images/My_Health_Matters_folder.pdf



You can print My Health Matters at home if you have a printer.

If you do not have a printer you need to go somewhere and pay to print it.



A stationery shop and libraries have printers but you need to pay for it.



To print all the pages it will cost you:

- Between \$20 and \$30 for **colour**
- Between \$3 and \$4 for **black and white**

What you need to buy



You can buy a folder and plastic wallet binder from a stationery shop such as Officeworks or Office National.



1 x Folder:

The folder should have 3 or 4 rings.



1 x Plastic Wallet Binder:

Can be bought at Stationery shops like Officeworks

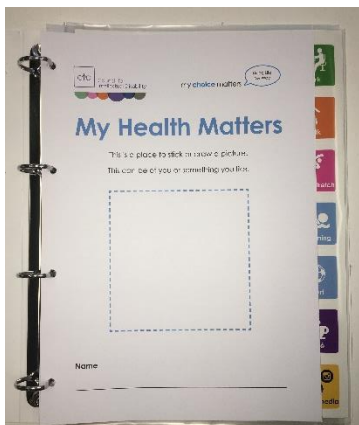
Getting holes in the pages



When you buy your folder take your printed pages in for the stationery shop to put the holes in the pages.



If you buy a 3 ringed folder, you need 3 holes punched into the pages.



If you buy a 4 ringed folder, you need 4 holes punched into the pages.