

YOUR HEALTH INFORMATION, YOUR RIGHTS

DID YOU KNOW?



8 in 10 individuals who have viewed their medical record online considered the information useful.¹



27% of individuals were unaware or didn't believe they had a right to an electronic copy of their medical record.¹



41% of Americans have never even seen their health information.²



HIPAA (Health Insurance Portability and Accountability Act of 1996) gives us the right to access our health information.

KNOW YOUR RIGHTS

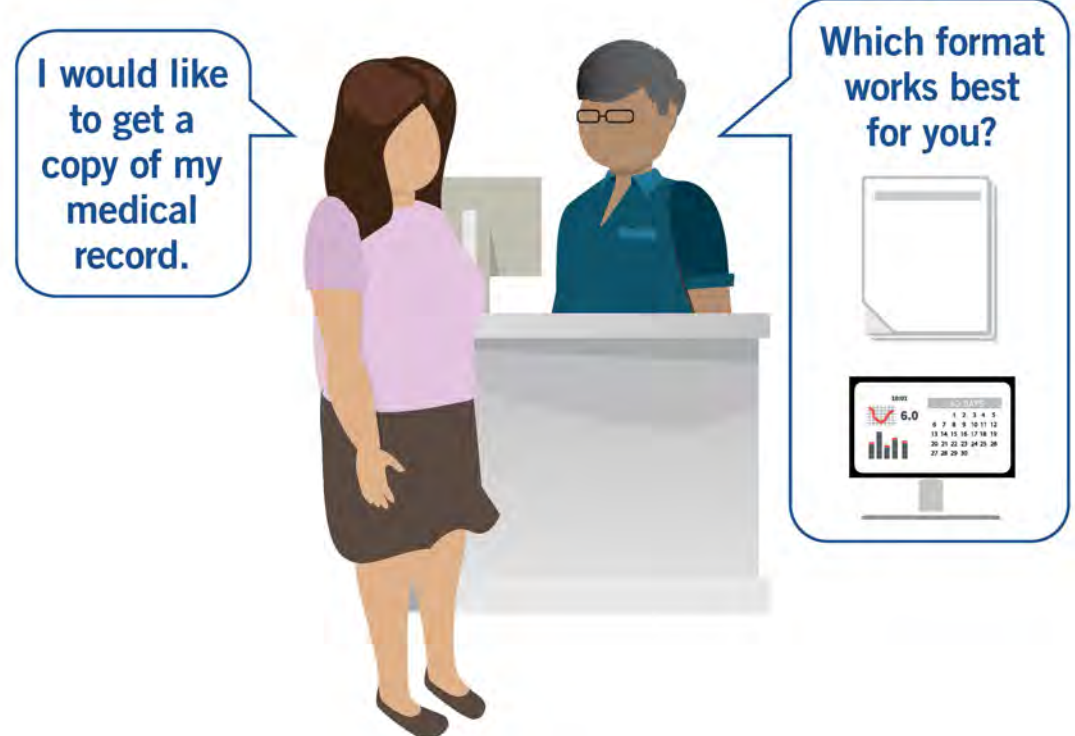
Hannah is a 50-year-old woman recently diagnosed with Type 2 Diabetes.



Like all individuals, Hannah has a right to see and get a copy of her health information.



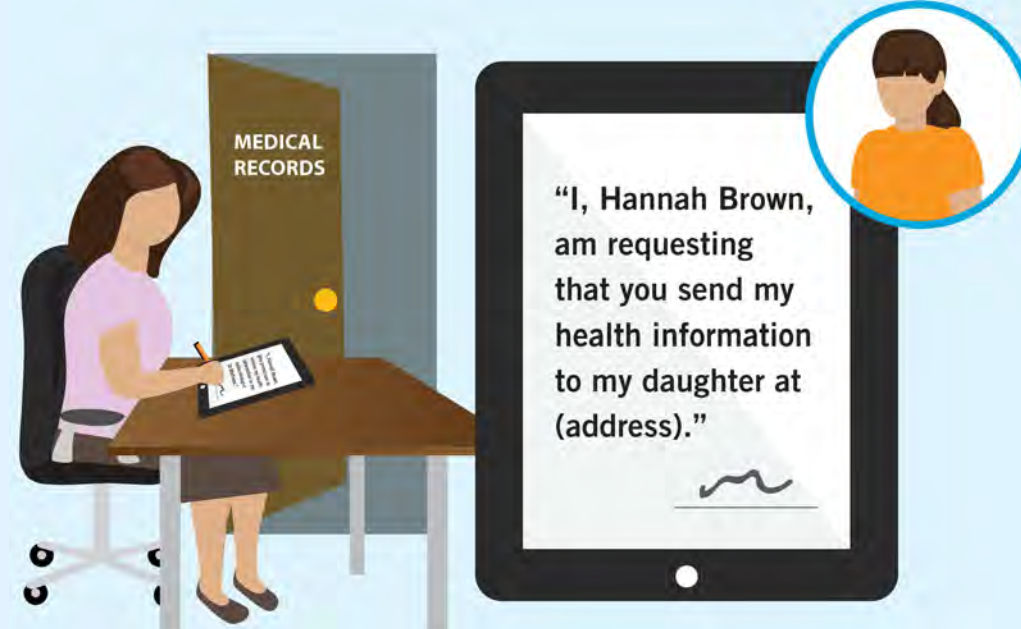
With a copy of your medical record you can become more informed about your health.



SEND YOUR HEALTH INFORMATION TO A THIRD PARTY



You hold the key to your health information and can send or have it sent to anyone you want. Only send your health information to someone you trust.



Your provider is no longer responsible for the security of your health information after it is sent to a third party.



Be careful when sending your health information to a mobile application or other third party.

PROTECT YOUR HEALTH INFORMATION



Once you have a copy of your health information, it is important to keep it protected.

Passwords can protect your health information on your computer or mobile device.



Sources: 1. https://www.healthit.gov/sites/default/files/briefs/oncdatabrief30_accessrends_.pdf 2. <https://www.healthit.gov/buzz-blog/consumer/making-patient-access-health-information-reality/>

LEARN MORE ABOUT YOUR RIGHTS



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www.hhs.gov/hipaa/for-professionals/privacy/guidance/access

