

# YOUR HEALTH INFORMATION, YOUR RIGHTS

GET IT. CHECK IT. USE IT.



## DID YOU KNOW?



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



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



41% of Americans have never even seen their health information.<sup>2</sup>



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.



If I can see my medical records, then I may feel more in control of my diabetes.

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



You cannot be refused access to your health information because you haven't paid your health care bill.

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

I would like to get a copy of my medical record.



Which format works best for you?

## 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\\_accesstrends\\_.pdf](https://www.healthit.gov/sites/default/files/briefs/oncdatabrief30_accesstrends_.pdf) 2. <https://www.healthit.gov/buzz-blog/consumer/making-patient-access-health-information-reality/>

## LEARN MORE ABOUT YOUR RIGHTS



Now that I have my health information, I can work with my doctor and my daughter to create a diet and exercise plan that works best for me!

[WWW.HEALTHIT.GOV/ACCESS](http://WWW.HEALTHIT.GOV/ACCESS)  
[www.hhs.gov/hipaa/for-professionals/privacy/guidance/access](http://www.hhs.gov/hipaa/for-professionals/privacy/guidance/access)

