

IT'S YOUR INFORMATION

Accessing your health information helps you make better decisions with your doctor, track your progress and do more to be healthy. HIPAA* gives you the important right to see and get copies of your health information.

If you think your health information or healthcare civil rights have been violated, you can file a complaint at (800) 368-1019.

*Health Insurance Portability and Accountability Act

INFORMATION IS KEY TO MAKING GOOD HEALTHCARE DECISIONS

Understand your health history to ask better questions and make healthier choices. Track your lab results and medications, get x-rays and other medical images, or share your information with a caregiver or a research program.

Learn more about **HIPAA** and your health information rights at:

www.HHS.gov/GetitCheckitUseit

The *All of Us* Research Program includes 1 million or more people providing health information to advance research. Learn more at: www.JoinAllOfUs.org

INFORMATION IS POWERFUL MEDICINE



Know your rights Take control Get better care



Access to your health information is your right

Get it. Check it. Use it.

Health records are a powerful tool in managing your care

GET IT

Ask your doctor. You have the right to see and get copies of your health information. In most cases, you can get a copy the way you want it, such as by e-mail. While your doctor normally has up to 30 days to provide you a copy of your information, your doctor often can provide the information much sooner than that. If your doctor offers a web portal, you may be able to easily view and download your health information whenever you want.



There are a few exceptions to getting your information, but you can't be denied access for not paying your medical bill. Your doctor can, however, charge you a reasonable fee for a copy of your health information. The fee may not be a per page fee if your information is stored electronically.

CHECK IT

Check to make sure your health information is correct and complete. If you think something is wrong or missing, you can ask your doctor to fix it. Your doctor might not agree, but you always have the right to have your disagreement added to your record.



USE IT

Having access to your health information means better communication between you and your doctors, less paperwork, and greater control over your health. You can request that your doctor share your information directly with others, like family members, a caregiver, a mobile application or "app" or a researcher.