

# Your Health Information, Your Rights

The Office of the National Coordinator for Health IT's [commitment](#) to an interoperable, learning health system is making inroads towards consumer-facing policy that improves health outcomes for millions of Americans. Through [private and public sector interoperability pledges and partnerships](#), [consumer-focused challenge grants](#) and [transparently certified Health IT](#), ONC has changed the landscape of healthcare to improve access to health information. Next, ONC is targeting the consumer demand that will make these policies come to life.

In coordination with the [2016 Office of the National Coordinator for Health IT Annual Meeting](#), ONC launched [Your Health Information, Your Rights](#) – an educational campaign with the [US Department of Health and Human Services' Office for Civil Rights](#): three new informational videos and a new infographic on the rights of every American under [The Health Insurance Portability and Accountability Act of 1996](#) are available on [HealthIT.Gov](#) working to grow consumer awareness of the fact that every American has the human right to access her or his health information.

*Your Health Information, Your Rights* helps individuals better understand their right to access their health information and to have that information sent to others (including family members, caregivers, or a mobile device application) – it includes the facts pertaining to an individual's right to accessing their medical records, a demonstration of how to

obtain medical records and tips for protecting health information.

These short videos were created to increase stakeholder commitment to an interoperable, learning health system. As *Your Health Information, Your Rights* says, “Information is Power”, and providing consumers information on the right to their health information empowers individuals to push for change in a way that the government cannot.

CNSI pledges continued commitment to better health through IT, and we support your right to access your health information – consumer engagement is our top priority and *Your Health Information, Your Rights* is as a catalyst for our efforts.









## 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.

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### 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)



The Office of the National Coordinator for Health Information Technology

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
OFFICE FOR CIVIL RIGHTS

What do you think about the *Your Health Information, Your Rights* campaign? How are you committed to providing consumers access to their health information? Let us know by finding us on Twitter [@CNSICorp](#).

*This blog entry was written by Troy Kallman, Marketing Communications Coordinator at CNSI.*