



From the [Department of Health and Human Services](#)

WHAT RIGHTS DOES THE PRIVACY RULE GIVE ME OVER MY HEALTH INFORMATION?

- Health insurers and providers who are covered entities must comply with your right to:
- Ask to see and get a copy of your health records
- Have corrections added to your health information
- Receive a notice that tells you how your health information may be used and shared
- Decide if you want to give your permission before your health information can be used or shared for certain purposes, such as for marketing
- Get a report on when and why your health information was shared for certain purposes
- If you believe your rights are being denied or your health information isn't being protected, you can
- File a complaint with your provider or health insurer
- [File a complaint with HHS](#)

WHO CAN LOOK AT AND RECEIVE YOUR HEALTH INFORMATION?

The Privacy Rule sets rules and limits on who can look at and receive your health information. To make sure that your health information is protected in a way that does not interfere with your health care, your information can be used and shared:

- For your treatment and care coordination
- To pay doctors and hospitals for your health care and to help run their businesses
- With your family, relatives, friends, or others you identify who are involved with your health care or your health care bills, unless you object
- To make sure doctors give good care and nursing homes are clean and safe
- To protect the public's health, such as by reporting when the flu is in your area
- To make required reports to the police, such as reporting gunshot wounds
- Your health information cannot be used or shared without your written permission unless this law allows it. For example, without your authorization, your provider generally cannot:
- Give your information to your employer
- Use or share your information for marketing or advertising purposes or sell your information

You should get to know these important rights, which help you protect your health information. You can ask your provider or health insurer questions about your rights. [Learn more about your health information privacy rights - PDF.](#)



Managing Your Chronic Illness: An Organizational Guide

From the [Department of Health and Human Services](#)

YOUR MEDICAL RECORDS

The [HIPAA Privacy Rule](#) gives you, with few exceptions, the right to inspect, review, and receive a copy of your medical records and billing records that are held by health plans and health care providers covered by the Privacy Rule.

Access

Only you or your [personal representative](#) (i.e. Power of Attorney) has the right to access your records.

A health care provider or health plan may send copies of your records to another provider or health plan only as needed for treatment, or payment, or with your permission.

The Privacy Rule does not require the health care provider or health plan to share information with other providers or plans.

HIPAA gives you [important rights to access](#) your medical record and to keep your information private.

Charges

A provider cannot deny you a copy of your records because you have not paid for the medical services you have received.

However, a provider may charge for the reasonable costs for copying and mailing the records. The provider cannot charge you a fee for searching for or retrieving your records.

Provider's Psychotherapy Notes

You do not have the right to access a provider's psychotherapy notes.

Psychotherapy notes are notes that a mental health professional takes during a conversation with a patient. They are kept separate from the patient's medical and billing records. HIPAA also does not allow the provider to make most disclosures about psychotherapy notes about you without your authorization.

Corrections

If you think the information in your medical or billing record is incorrect, you can request a change, or amendment, to your record. The health care provider or health plan must respond to your request. If it created the information, it must amend inaccurate or incomplete information.

If the provider or plan does not agree to your request, you have the right to submit a statement of disagreement that the provider or plan must add to your record.

See 45 C.F.R. §§ 164.508, 164.524 and 164.526, and [OCR's Frequently Asked Questions](#).