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*What are my rights under HIPAA?*

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- To have your protected health information (“PHI”) kept confidential unless you give permission for it to be shared or one of the exceptions under HIPAA applies.
- To see or get a copy of your own records. You may have to request in writing and pay for copying and mailing, and records usually must be provided within 30 days. Note: there can be a narrow exception for therapy notes that are kept separate from your actual record and for information that if seen is “reasonably likely to endanger the life or physical safety of [you] or another person.” This does NOT include information that may cause emotional or psychological harm. If something is restricted for this reason in your records, you should see a note that information was withheld, and you can request a review by another provider if you want to challenge the denial of access to certain information.
- To ask to change any information in the records that you believe is incorrect or incomplete. Even if the provider disagrees with you, they must make a note in the records of your disagreement.
- To know who has seen or accessed your protected health information
- To tell your providers or health insurance companies if there is information you do NOT want shared with certain people, groups, or companies (Note that there may be some exceptions under the law)
- To have your records and information shared with someone at your request (“authorization”). For example, if you sign a release of information asking that records be given to an advocate or family member, the provider must honor the request.

For more information about your rights under HIPAA, see <https://www.healthit.gov/topic/patient-access-information-individuals-get-it-check-it-use-it>