

What is HIPAA?

HIPAA stands for the **Health Insurance Portability and Accountability Act of 1996**.

All that to say, HIPAA is a federal law that protects your patient health information from being shared without your permission or consent *and* gives you the right to access your health information.

What is PHI?

PHI is **protected health information** that covers information or data about your health.

PHI includes:

Medical records, such as:

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|---|--|--|--|--|--|-------------------------------|
| <ul style="list-style-type: none">• prescriptions• diagnoses• medical history• notes, evaluations, tests, etc. | | Information in your health insurer's computer system | | Conversations between you and your doctor about your medical care or treatment | | Billing information about you |
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Who has to follow HIPAA?

Certain providers and programs must follow HIPAA and protect your PHI. These include:

- Most health care providers such as doctors, clinics, hospitals, psychologists, chiropractors, nursing homes, pharmacies, and dentists
- Health insurance companies
- Government programs that pay for health care, such as Medicare and Medicaid
- Health Care Clearinghouses (third party providers that manage medical claims)

Who can access my PHI?

That's up to you! YOU decide:



What information can be accessed



Who can see your records



Who can talk with your providers



When to end access

How do I file a complaint?

Visit hhs.gov/hipaa

If you don't have access to the internet and need a paper version of the form, call **800-368-1019**

Call disAbility Law Center of Virginia (800-552-3962) or scan the Code with your phone to complete dLCV's Get Help form! Code will direct you to dlcv.org/get-help

