

California Health Records Privacy • Wallet Card

Keep this card and review it when visiting your health care provider.

Questions to ask your health care provider:

- How do you make sure that my health records are not seen by anyone without a legitimate medical or business purpose?
- Have you ever had a medical records breach? What was the cause?
- Do you exchange patient records electronically? How do you ensure they remain private and secure while being exchanged?
- How do you avoid sharing more of my health information with third parties than is absolutely necessary?

**Consumer Action • www.consumer-action.org
Consumer Complaint Hotline: 415-777-9635**

Fold Here

During your medical visit:

- Skip questions you don't want to answer on medical intake forms.
- Read medical records release authorization forms carefully. Ask questions if you don't understand something.
- Cross out language on authorization forms you don't agree with and write in your restrictions. Initial your changes.
- Tell your health care provider if you don't want details about your care or prescriptions shared with a particular entity. (You may have to pay out of your own pocket if you want to restrict information from your health insurance provider.)
- Let your provider know how you prefer to be contacted.
- Discuss any privacy concerns with your provider.

Visit www.privacy-information.org/publications/PO/topics/medical for more information about your health records privacy rights.

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