Healthy You: Quick Facts

Keep your personal information safe

Personal health information is important. It can tell you about your medical history, insurance information or test results. Talking about this information can help you make decisions with your health providers or family. But it is also very personal. You want to protect it. Take steps to keep your information private. Only share it with trusted sources.

Photo above by Bowdenimages, below by XiXinXing, courtesy iStockphoto

Quick facts on personal info:

1 You have the right to control who can see your health information. A law called the Health Insurance Portability and Accountability Act allows you to control how to receive and share your information.

2 Some people, such as your employer, can't see your health information without your permission.

3 You can decide how to view your records. And you can make choices to keep those records secure. An online portal can keep records easy to view securely. You can increase security by adding a confirmation code. You can also use a password manager.

4 If you use apps to track your health information on your phone or tablet, research the app before you download it. Some apps can share your information, including your location, unless you turn off those features.

5 If you are using a computer or electronic device to access your information, make sure you have a secure internet connection.

>> For more information on health information and privacy, visit www.healthit.gov

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