

Health IT for You

Health information technology, or “health IT”, refers to the technologies and tools that allow health care professionals and patients to store, share and analyze health information.

Health IT is giving the health care system -
a 21st century upgrade -

You can use health IT to:

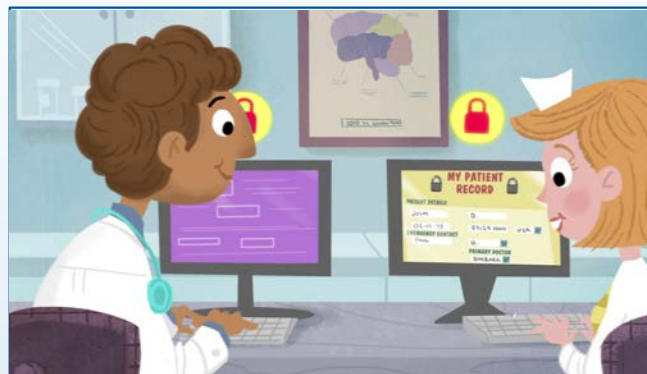
- communicate with your health care provider between visits
- get electronic access to your health information directly
- manage your health by using apps and games to reach personal health goals
- better understand health and make more informed decisions.

Your health care provider can use health IT to:

- send your prescription to the pharmacy automatically
- reduce paperwork
- share your health information securely with other health care professionals authorized to view your records
- reduce unnecessary tests because they can see your prior test results and only order ones that you truly need.
- send you reminders and messages.

What is an **EHR**?

Electronic health records (EHRs), (sometimes called "electronic medical records") are electronic systems used to store and share your health information.



What is a **PHR**?

Personal health records (PHRs) are a lot like EHRs, except that you control what kind of information goes into them and who can access them. For more information about PHRs, go to www.healthit.gov.

Get Electronic Access to Your Medical Record

What Can I Do with My Medical Record Once I Get Access to It?

- Check to make sure the information in your health record is correct—accurate and complete
- Compile all your medical records so you have a complete medical history and can share with other doctors or others whom you trust
- Compile your kids' vaccination records – an important tool to prepare for back to school
- Review the information and ask questions

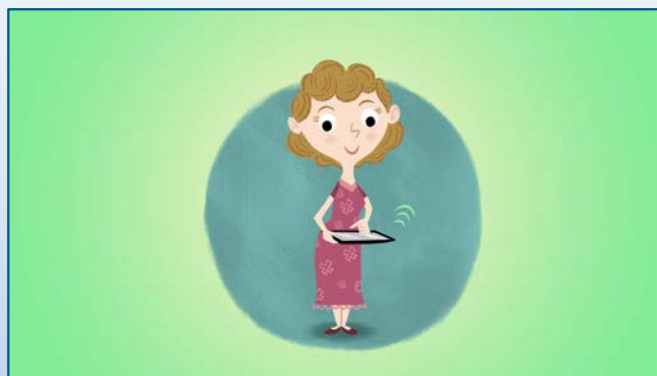
For more information, tools and resources for patients and families, visit:

<http://www.healthit.gov/patients-families>

Know Your Right to See and Get a Copy of Your Medical Record

The right to see and get a copy of your medical records (called the right to access) is fundamental. You should know you have the right to:

- Ask to see and get a copy of your health records from most doctors, hospitals, and other health care providers such as pharmacies and nursing homes, as well as from your health plan; and
- Get the copy of your record in the format you want – electronic or paper – based on your plan or provider's ability to share it



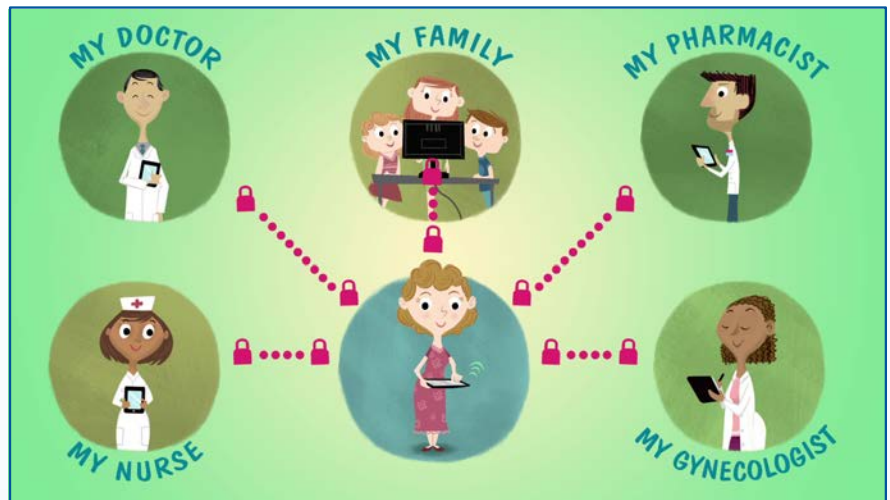
To learn more about your rights or to download a letter you can take to your doctor's office to request your record, go to:

<http://www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/righttoaccessmemo.pdf>

Keeping Your Electronic Health Information Private and Secure

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 in the following ways:

- 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



How Is My Electronic Information Being Kept Private and Secure?

The Privacy Rule, a Federal law, gives you rights over your health information and sets rules and limits on who can look at and receive your health information. The Privacy Rule applies to all forms of individuals' protected health information, whether in an electronic or written form. The Security Rule, a Federal law that protects health information in electronic form, requires certain entities to ensure that electronic protected health information is secure.

To learn more visit: www.hhs.gov/ocr/

What Can I Do Now?

Talk to your Doctor about HealthIT by asking the following types of questions:

- Are you using EHRs in your practice?
- Can you communicate electronically with the lab, other doctors, and my hospital?
- Can you give me a way to electronically access my health record?
- Would you recommend certain online electronic tools for me specifically?

What If My Doctor Doesn't Use HealthIT?

You can still use technology to better manage your health and connect with others outside the doctor's office, such as:

- Digital devices such as pedometers, digital scales, sleep trackers and other tools
- Smart phone applications (apps)
- Online communities can help you connect with others who may have a similar condition
- Create your own – and your family's – personal health records to manage and store your health information

