

WHEN IT COMES TO YOUR HEALTH DATA...



MIND THE APP

1

You have a right to your own health data...

Generally, state and federal law says you can ask for and receive your health data.

2

...and a right to decide who it's shared with

You can also allow your health data to be shared with specific recipients which may include:

- Family members
- Other providers, and
- Health applications, or "apps"

3

Some health apps are safer than others

If you agree to share your data with an app, it is likely no longer protected under state and federal privacy law and the app may use it however it decides.

This could put your information at risk of being used in a way that violates your privacy.

4

Be safe and protect your health data!

Before you agree to share your health information with an app, find out more about how it will be used.

Additional Patient Privacy and Security Resources

- [Know Your Risk](#): article from Consumer Reports
- [Resources and Tools for Consumers](#): Office of the National Coordinator
- [Health Information Privacy](#): HHS Resources for Patient Rights under HIPAA



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