



HIPAA & Patient Privacy

A plain-language overview of your health information privacy rights.

The Health Insurance Portability and Accountability Act (HIPAA) gives you rights over protected health information (PHI) and sets rules for how covered health care providers, health plans, and their business associates may use and share it.

PHI can include medical records, conversations about your care, billing information, test results, and other identifiable health information in electronic, paper, or oral form.

Your information. Your rights.

Ask questions and understand your choices.

Why privacy matters

Privacy protections help you participate confidently in your care. Knowing your rights can help you:

- understand who may access your information
- review records and ask for corrections
- request limits or confidential communications
- raise concerns about privacy practices

How PHI may be used

HIPAA generally permits covered providers to use or share PHI for treatment, payment, and health care operations. It also permits or requires certain disclosures for public health, safety, oversight, or other legal purposes.

Other uses may require your written authorization. HIPAA does not prohibit every disclosure; it sets conditions and limits.

Your privacy rights include

Access and corrections

Ask to inspect or receive copies of records and request that corrections be added when information is incomplete or inaccurate.

Notice and choices

Receive a Notice of Privacy Practices, request confidential communications, and decide about certain uses that require authorization.

Requests and concerns

Request restrictions, ask for an accounting of certain disclosures, and complain to the provider or U.S. Department of Health and Human Services.

What to know about safeguards and requests

Safeguards are required

Covered entities and business associates must protect PHI, limit access, and train workforce members. Electronic PHI also has security requirements.

Access is broad, not absolute

You generally may request records used to make decisions about you, with limited exceptions. Identity verification and permitted cost-based fees may apply.

Restrictions may be requested

A provider usually need not agree. A key exception may apply when you pay in full out of pocket and request no health-plan disclosure for payment or operations, unless law requires it.

Need ReLife's full privacy notice or help with a request?

This overview does not replace ReLife's Notice of Privacy Practices. Ask the practice for the full notice to review its specific uses, disclosures, procedures, privacy contact, and complaint process.

Reply to this email with your question, or include the best phone number and time to reach you so our team can help.

Contact: info@reliferegen.com | reliferegen.com | Fax (954) 208-0016

Important: This sheet is general patient education, not legal or medical advice, and it is not ReLife Regenerative's Notice of Privacy Practices. HIPAA rights and permitted disclosures can depend on the circumstances and applicable law. Request the full notice from the practice for ReLife-specific details.

Sources: HHS - Your Rights Under HIPAA; HHS - Summary of the HIPAA Privacy Rule; HHS - Requests for Restrictions.