



PROTECT YOUR PERSONAL HEALTH INFORMATION

Be aware, don't overshare



What is Personal Health Information (PHI)?:

PHI is any information about your health that can be linked to YOU.

It includes:

- Your name
- Your birthday
- Your address
- Your medical records
- Your insurance information
- Your Social Security number
- The types of medication(s) you take



Think Twice Before Sharing:

Only share information when necessary.
Do not share PHI with:

- Transportation drivers
- Social media followers
- Friends or other patients

Who Can You Safely Share Information With?:

You can share with:

- Your doctor or care team
- A trusted family member or caregiver
- "People you've indicated (in writing) who can help with your care"

Tips to Stay Safe:

- ✓ Don't give your information to someone you don't know well
- ✓ Be careful what you post online
- ✓ If someone asks for personal information, ask: "Why do you need this information?"
- ✓ Keep your papers and ID in a safe place

If you're not sure, ask your clinic for help. **Your health information is YOURS** and should be protected!



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