

What If I Think My Health Information Privacy Rights Have Been Violated?

Contact your MTF Privacy Officer. He or she will help you with any concerns. You may also contact the TMA Privacy Officer or the Secretary of Health and Human Services.

No actions will be taken against you for filing a complaint.

What If I Have More Questions?

Contact your MTF Privacy Officer at

**Health Information
Privacy...
The Key
to Your Rights.**



Information about the
Notice of Privacy Practices



The Notice of Privacy Practices

The Notice of Privacy Practices explains how the Military Health System (MHS) may use and share your *personal health information* to carry out treatment, payment or health care operations, or other reasons allowed or required by law.

Personal health information is about your past, present or future physical or mental health or condition and related health care services. It could also include such things as your age, ethnicity, and other personal statistics.

The Notice explains your rights to read and control your protected health information. It also explains the responsibility MHS has to protect you, the beneficiary.

How Do I Get a Copy of the Notice?

You should have received a copy of the Notice in the mail. However, if for some reason you did not receive one, you can get a copy of the Notice from your military treatment facility (MTF), or view it on your local MTF Web site or on the TRICARE Management Activity (TMA) Web site at www.tricare.osd.mil/hipaa/.



You Will Be Asked to Sign an Acknowledgment That You Received the Notice. Why?

At your next MTF visit, you will be asked to sign a medical record label confirming that you've received the Notice. This is so the MHS can make certain that all TRICARE beneficiaries have been informed of their right to privacy over their personal health information.

Will Any of This Stop Me From Receiving Care?

No. The Notice is provided for your information only and will not affect your eligibility to receive care.

What Are My Rights?

You have the right to read and copy your protected health information, ask for limits to be put on the use or sharing of your protected health information, ask that communications about your personal health information be done through ways that further protect your privacy, ask to have corrections made to your protected health information, and get a listing of where and when your protected health information was shared.