

# KEEP IT CONFIDENTIAL

Your health insurance plan does NOT keep your health information private unless...

## YOU TAKE ACTION.

If you have health insurance under another person's health plan—like your parent or spouse—your health plan will send them information on WHERE and WHEN you access health care and WHAT health care services or tests you receive.

**If you want to Keep it Confidential—submit a Confidential Communications Request to your health plan.** They will have to accept it, NO QUESTIONS ASKED if you:

- Get sensitive services like birth control, STD/ pregnancy tests or mental health care OR
- Think you could be at risk if your private health information about any health care service was shared.

## Take 3 Simple + Quick Steps to Safely Use Your Health Insurance:

- 1 Know your health plan + policy number  
.....
- 2 Submit a confidential communications request  
.....
- 3 Call to confirm your information is protected

Learn more about how you can  
KEEP IT CONFIDENTIAL during your visit or at:

[myhealthmyinfo.org](http://myhealthmyinfo.org)

