

KEEP IT CONFIDENTIAL.

SAMPLE NEWSLETTER BLURB

New Privacy Protections Take Effect to Help Californians "Keep it Confidential"

While the Affordable Care Act helped many Californians gain private health care coverage, more individuals with health insurance under another person's policy - like a spouse or parent - are at risk for confidentiality breeches when Explanation of Benefits letters and other regular health insurance communications are sent to the main policy holders. As of January 1, 2015, Californians covered under a parent or a spouse's plan can [prevent their insurer](#) from disclosing their confidential health information to the main policy holder thanks to SB 138 - the Confidential Health Information Act. Under this [new law](#), individuals can submit a Confidential Communications Request to give the health plans a way to communicate with them directly about the sensitive services they received instead of having the information sent to the main policy holder. To learn more about how to help your patients and clients Keep It Confidential, visit myhealthmyinfo.org.

myhealthmyinfo.org