

Q: Can I get access to my own medical records?

A: Yes. By law you have the right to get copies of your medical records from the health care organizations that made them. Some restrictions may apply.

Q: How can I better manage health records for myself and my family?

A: You may also consider starting your own Personal Health Record to keep track of the health information you and your family need in addition to that of your medical record. There are Personal Health Records available at no cost. Many public and private organizations are developing these eHealth tools so that you may keep and share your health information using a computer.

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I used to put on visits to the doctor because I didn't want to have to transfer information... now it's less of an issue.
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Q: Is eHealth available in Nebraska?

A: Some doctors, hospitals, and other care providers can give you access to your medical records online — but not all providers have that capability today. Nebraska has four eHealth networks formed by health care providers and one of the state's largest health insurers.

RESOURCES

Questions to ask your providers:

- Do you keep my health records electronically?
- Can your office staff transfer my health record information electronically to other professionals?
- Do you participate in an eHealth Network? If so, which one?
- Can your office staff transfer my health record information electronically to my own Personal Health Record?
- What procedures do you follow to keep my health information private and secure?

For more information about eHealth in Nebraska...

Visit the eHealth Website at
ehealth.nebraska.gov

More information about consumers privacy rights is available from the U.S. Department of Health and Human Services, Office of Civil Rights at
www.hhs.gov/ocr/privacy/index.html



AA/EOE/ADA



Does eHealth? make sense for you?

*Making the right decisions
for you and your family*

A Guide to eHealth for Nebraskans

