



Jeffers, Mann & Artman Pediatric *and Adolescent Medicine, P.A.*

At age 18 years old...

What does HIPAA mean to you?

A guide to understanding the privacy of your medical records

What is HIPAA?

Every time you go into a doctor's office or hospital you are asked to sign a HIPAA Form. We have such a form that tells you about how we protect your medical and health information and gives us permission to use your health information for treatment, payment and the operation of our practice. It also gives you the ability to tell us which family members you would like to grant access to your medical information.

In addition to the HIPAA Form, we will also give you our official privacy policy. It will explain how your medical information is used, to whom it may be given, and how you can get access to it.

Up until this point, your parents have had to sign this form for you. But at age 18 years old, in the state of North Carolina, you are considered a legal adult. We want you to understand your rights and responsibilities as a young adult regarding your medical records.

What do I need to do?

You will need to sign your own HIPAA Form once you reach your 18th birthday. On this form you will need to tell us if your mom, dad, stepmom, stepdad or any other person can participate in your health care and have access to your health information. Participating in your health care includes requesting referrals, getting lab or x-ray results, talking to your doctor, physician assistant and/or nurse practitioner, speaking with a telephone triage nurse on your behalf to include prescription refill request and seeing your records. This is your personal decision to make. We want you to make the best choice for your health care needs.

What if I don't want to sign the HIPAA form?

That is your choice. However, our HIPAA Form also contains the release that allows us to use and disclose your information with other providers and to bill health insurers. If you decide not to sign the form, then we are unable to perform any services, including testing for strep throat, writing a prescription for you, or billing your insurance. Please ask to speak with a supervisor if you have any other questions about this form. We want you to make the best informed decisions as a young adult.

Can I change my mind?

Of course! You can make changes, deletions or additions to your HIPAA Form whenever you want. We just need you to come into the office and fill out a new one. If you are away at school, we can mail you a new one or fax it to you. Your parents will not be able to sign a form for you, even if you have them listed on your HIPAA form. Remember, you are in charge of who can access your health information.

When can you give out my information without my permission?

There are circumstances that require us to release your medical information without your consent. If our providers feel you are in danger or may cause danger to yourself or others, we may contact your parents, guardians, or local authorities. If we receive a court order or subpoena, we may be obligated to release your medical information. If you are being abused or neglected, we are required to report this to the appropriate agency. If you have a communicable disease that puts the public at risk, we are responsible for reporting it to the local Department of Public Health.

In addition, JMA Pediatrics participates in the North Carolina Health Information Exchange (NCHIE) which states that Providers who receive Medicaid or state funds for the provision of health care services are required by law to send data pertaining to health care services that are funded by the state, including through Medicaid and the State Health Plan. **If your health care services are not paid for by the state**, and you do not want your data to be disclosed to NC HealthConnex, you may be able to request that your provider restrict submission of your data. Please discuss this with your providers and refer to their policies on restricting disclosures of patient data for treatment, payment and health care operations as permitted under HIPAA in 45 C.F.R. 164.522(e)(3)(i). Please note that submitting an opt-out form does not mean that your data will not be submitted by your health care providers to NC HealthConnex.

<https://hiea.nc.gov/patients/what-you-need-know>; <https://hiea.nc.gov/patients/your-choices>

I am still under my parents' insurance...Is that a problem?

That's okay, but you should know that your parents will receive information from the insurance company about the treatments and tests that have been performed by coming to our office. The only true way to keep everything CONFIDENTIAL is if you are insured through another person or if you pay for all services out-of-pocket at the time of service and not have us bill your parents health insurer. This will include any lab tests or x-rays that are done as well. We know that is not usually an option because it can be very expensive, but you need to know that your mom and dad have the right to access their insurance records and can therefore see what services we provided to you that are billed to your parents' insurance. If you request us to keep your health information confidential from your parents, we can only grant that request by not billing your family health plan and you will have to be financially responsible to pay us for your services. If you have questions or want to further discuss your options regarding this matter, please call our office and ask to speak with a member of our billing team.

What about my very sensitive information?

Even if you sign the HIPAA Form allowing your parents or guardians access to your health information, the following categories of sensitive and private information will not be disclosed without special authorization from you:

- Birth control information
- Sexual activity
- Sexually related transmitted disease information, testing and results
- Gynecological Visits
- Any other sexually related information
- Mental Health issues (unless it is determined that you are a danger to yourself or others)
- Drug or Alcohol Use (unless it is determined that you are a danger to yourself or others)

This special authorization is required from you before we can share these categories of information with any other provider outside our practice, to a health insurer, and even to your parents.

How will you contact me?

We need to have a current phone number to contact you. We can call your home number or cell phone. We especially need a cell number if it is your decision not to allow your parents to know your medical information or if we need to discuss confidential information with you. You can specify on your HIPAA form the best way for us to reach you.

Remember, if you live at home and we mail anything to your home address, we have no control over your parents opening your mail. This is not always the best option for any communications you instruct us to keep private just between you and your JMA caregiver.

Contact us if you have any questions

Raleigh

2406 Blue Ridge Rd
Suite 100
Raleigh, NC 27607
(919)786-5001
(919)786-5098 fax

Clayton

104 Medspring Dr.
Suite 100
Clayton, NC 27520
(919)359-3500
(919)359-3501 fax

Cary

530 New Waverly Place
Suite 115
Cary, NC 27518
(919)852-0177
(919)852-0175 fax

West Cary

5029 Arco Street
Cary, NC 27519
(919)388-7500
(919)388-7521 fax

Wake Forest

3150 Rogers Road
Suite 102
Wake Forest, NC 27587
(919)453-5363
(919)453-5366 fax

Holly Spring

604 Avent Ferry Road
Holly Springs, NC 27540
(919)586-0050
(919)586-0055 fax