

Protecting your health information is **Priority 1**

As a part of our ongoing commitment to protect your personal health information, UMR is conducting an annual review of security for our Web site. Following our strict privacy rules and procedures, we will be updating the security of your account.

As a result of this update, any spouse or covered dependent age 18 and older now must grant access to the plan subscriber if they want to allow the subscriber to view their claim and benefit information.

What this means to you

Choosing to share your health information with family members or other legal representatives is a personal decision. Adults age 18 and older have a right to determine who may or may not view their information. This right applies to both a covered spouse and adult dependents.

If you are a parent of an adult dependent covered under your plan, your adult dependent must grant you access to his or her personal health care information for you to view claim or benefit information on their behalf.

Similarly, your spouse must grant you access if he or she wishes for you to view their personal health information. Finally, the covered subscriber must grant access to a spouse or any other covered family member you choose to allow to view your information.

 **ACTION NEEDED:** See back for details



WE TAKE YOUR PRIVACY SERIOUSLY

UMR follows strict rules and security procedures to ensure your information stays safe and is accessed only by you or authorized providers and/or representatives.



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What you need to do

1

Discuss with your family members their right to protect their personal health information.

2

If a covered family member wishes to allow access to another covered family member, the member must grant access to view his or her information:

- ▶ *If your spouse or covered dependent has not yet registered for online services with UMR:*

Dependents will be asked during the registration process to select the family members they will allow to view their personal health information. To register, have your covered family member visit umr.com and click New User? Register here.

- ▶ *If your spouse or adult dependent has already registered for online services:*

Your covered family members can log in to umr.com to access their account settings and manage their access settings.

- ▶ *If your spouse or adult dependent do not wish to register for online services:*

The "Authorization For Release of Protected Health Care Information" form allows a spouse or dependent age 18 or older to designate an assigned individual who can access their claim and benefit information. You can access this form online at umr.com. Simply select **Member** from the Welcome menu and then choose **Find a form**.

Don't forget! Granting access to appropriate family members can be important if a member is hospitalized or otherwise unable to view their own information.



GOT QUESTIONS?

For information about your rights to control your protected health information (PHI), please review the Privacy Statement available on our Web site.



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