



Patients' Rights

Under HIPAA's Privacy Rule, plan members can begin to exercise their right to privacy. They can access these rights by utilizing the following forms:

- Appointment/Recognition of Authorized Representative
- Revocation of Appointment of Authorized Representative
- Request for Access to Protected Health Information
- Request for Amendment of Protected Health Information
- Request for an Accounting of Disclosures of Protected Health Information
- Request for Confidential Communications of Protected Health Information
- Request for Restriction of Uses and Disclosures of Protected Health Information
- Privacy Complaint Form
- Authorization for Release of Protected Health Information

Please note: **All forms must be completed by plan members in writing.** We strongly suggest you use these forms and keep them on hand at your office. We will post them on our Internet at www.umar.com and fax or mail them to members when requested.

At this time, we will not charge members for exercising these rights. We will track use of your members and evaluate our costs accordingly. Be aware that utilization is difficult to predict, and we may end up charging plan sponsors (you) a fee for this service if warranted. To recoup your cost, you (plan sponsors) may also want to charge your employees at a future date.