

# Keeping Your Medical Records Private

*Below you will find links to resources that provide information on how to keep your medical records private. You can also find information on how to seek aid from a lawyer, if needed.*

## **National**

### **[Your Health Information Is Protected By Federal Law](#)**

This resource from the Department of Health and Human Services provides helpful information on knowing your rights under HIPAA. This law sets rules for health care providers and health insurance companies about who can see your health medical records.

### **[World Privacy Forum: Patient's Guide to HIPAA: How to Use the Law to Guard your Health Privacy](#)**

The purpose of this guide is to help patients understand how to make health privacy laws work to protect their privacy. You can also find answers to commonly asked questions about HIPAA.

## **Legal Advice**

### **[TN Free Legal Answers](#)**

If you are in Tennessee, the website, Free Legal Answers, allows you to ask a lawyer for help with a legal issue at no cost. It is fast and easy, and all you need is a computer. This is a FREE service for people who cannot afford a lawyer.

How it works:

How it works:

- You will answer a few questions to see if you qualify for their service. If you qualify, you will have the option to create an account.
- If you are eligible, you can ask their volunteer attorneys a non-criminal legal question.

- Once your question receives a response, you will get an email. You will need to sign into the website to read your response and ask any additional questions.

Visit <https://tn.freelegalanswers.org/> to sign up.

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[TennCare / Health](#)

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