



## HIPAA doesn't apply to everyone...

### *Don't talk to strangers!*

Be aware that whenever you provide information to Internet sites that are not run by health care providers, group health plans, and/or healthcare clearinghouses, they are not subject to the same stringent HIPAA privacy rules! (HIPAA stands for the Health Insurance Portability & Accountability Act and is the federal regulation protecting individual's health information.)

Always use extra care when visiting sites that:

- Sell drugs without a prescription
- Provide online mental health counseling and accept only credit card payments
- Are sponsored by pharmaceutical companies
- Provide information about medical conditions, treatment options, general fitness and nutrition

Keep your personal health information private, and only share medical (and financial!) information with companies you are familiar with and trust. ■