EMPOWER YOURSELF TO PROTECT YOUR MEDICAL INFORMATION

Medical Identity Theft: the number #1 target of identity theft and fraud, nearly as much as retail, finance and banking combined.

Protecting your health info is as important as safeguarding your financial info. Health information technology makes it possible for health care providers to better manage patient care through secure use and sharing of health information. But in the wrong hands, it can be valuable to someone else.

How Can I Help Ensure My Health Care Information Remains Secure?

Your health info can be any data containing your medical history or current conditions.

Monitor and check your medical and insurance statements for accuracy. Validate their authenticity by checking to ensure the date of care, name of the provider and the reason for the visit charged. Look for services you did not receive or providers you did not visit; also watch for bills if you know part of your care was not covered.

Protect your information when going online. Being cyber fit requires us to be mindful of your health information so empower yourself to protect your information.

For more information about cyber fitness, visit www.tricare.mil/cyberfit