

OPTING IN OR OUT IS YOUR CHOICE

If your provider is a CyncHealth participant, your information will automatically be included in CyncHealth. Though your participation in the HIE is completely voluntary, it is greatly encouraged for your own benefit. CyncHealth improves communication among your providers by ensuring care teams have the right information at the point of care. The more information your doctor has about you, the more effectively he or she can treat you—resulting in smooth exchanges of information that promote a seamless—and cost-effective—patient experience.

If you do not wish to share your health records with your care providers, you can opt out via one of two ways:

- Call CyncHealth support at 402-506-9900, ext. 1; or
- Go to www.cynchealth.org and complete the form under the tab, Opt In/Opt Out

Opting out will remove your information from viewing by providers in the CyncHealth query except for your name, address and opt-out status. It will not affect what your doctors have access to in their electronic medical records, and it will not be a condition to receiving care. It also won't affect other sharing of health information via fax, phone or other means between your providers, health insurers or public health agencies. It may, however, affect the comprehensiveness of information your provider has available to effectively provide you care.

You can opt back in at anytime by calling CyncHealth support at **402-506-9900 ext. 1** or visiting www.CyncHealth.org.

ABOUT CYNCEALTH

CyncHealth was sponsored by Nebraska health care providers and insurance organizations to serve as Nebraska's regional HIE. Through the HIE, participating providers and health insurers can see certain health, demographic and payment information (your health information) in each other's records. They can use this information for treatment and payment purposes.

In addition to serving as the region's HIE, CyncHealth also partners with the Nebraska Department of Health and Human Services to administer the Prescription Drug Monitoring Program (PDMP). The PDMP provides a comprehensive query-based medication history of all dispensed prescriptions in Nebraska, as well as mail order pharmacies dispensing prescriptions to Nebraska zip codes.

CyncHealth also supports the Nebraska Healthcare Collaborative, a nonprofit promoting health data science throughout the state to help providers make data-driven decisions that will lower costs and improve health outcomes for the people of Nebraska. CyncHealth supplies the Collaborative de-identified information collected from many patient records to discover new ways to improve health care for everyone.

Note: CyncHealth and the participating providers and health insurers have the right to change policies and the information in this brochure over time. Visit www.CyncHealth.org for the most current version and information.

CONTACT

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Sharing Information
for better health care

www.cynchealth.org

WHAT IS A HEALTH INFORMATION EXCHANGE?

Health information exchanges (HIEs) provide the capability to electronically move clinical information among disparate health care information systems and maintain the meaning of the information being exchanged. The goal of HIEs is to facilitate access to and retrieval of clinical data to provide safe, more timely, efficient, effective, equitable, patient-centered care. HIEs are also used by public health authorities to assist in analyzing the health of populations.

HOW SHARING HEALTH INFORMATION CAN IMPROVE PATIENT CARE

Health care providers need your health information to accurately diagnose and treat you. Each of your providers may have different portions of your medical record. If they can access each other's records and see more complete health information, they can provide you with better care. Sharing your health information can also help reduce your costs by eliminating unnecessary duplication of tests and procedures.

HOW IS YOUR INFORMATION SHARED & WHO HAS ACCESS?

Health care providers have always shared health records. Most recently, faxes and postal mail were the most popular methods of sharing, and sharing was usually done on a case-by-case basis.



HIEs like CyncHealth allow health care providers to share the health records of all of their patients through security protocols to ensure privacy.

CyncHealth automates the task of locating, making the process of sharing health information more efficient. It also allows one participant (i.e. a doctor) to locate records from another participant (i.e. a hospital) in a matter of minutes. This can be critical in an emergency and may result in your providers having more complete and accurate information about you.

Participating providers (i.e. doctors, hospitals and pharmacies), health insurers and community public health agencies will have access to your health information for treatment, payment and operations (i.e. public health reporting) purposes on a need-to-know basis. CyncHealth will also have access to provide support, and medical researchers may have access to certain de-identified health information.

TYPES OF INFORMATION SHARED & PROTECTING YOUR PRIVACY

CyncHealth follows all federal (42 CFR Part II) and state privacy laws in the reporting of availability of data. Patient data shared may include medication and immunization history, lab and x-ray results, transcribed diagnostic and treatment records, records of allergies and drug reactions and other transcribed clinical reports created after January 1, 2013, but only if the provider who has the information is a participating provider and makes the information available.

CyncHealth and the participating providers and health insurers use a combination of safeguards to protect your health information:

- Privacy and security safeguards include encryption, password protection and the ability to track every viewer's usage of the system
- Administrative safeguards include written policies controlling access to information through CyncHealth

All participating providers and health insurers must agree to follow these policies, in addition to being regulated by federal and state privacy laws. They must also have their own policies and other safeguards in place, including policies to train their staff and limit access to those with a need to know the information.

You can learn more about how your privacy is protected by visiting: www.CyncHealth.org/privacy-security