

It's your medical record. You have a right to a copy. It's the law.

The records that doctors and hospitals keep while caring for you contain valuable information about your medical history. You may need it someday when you're not there.

By Federal law,¹ you're entitled to a copy. Ask for it. Take it home and keep it in a safe place.



In this classic Seinfeld clip, Elaine gets in a tussle over looking in her chart, and Kramer impersonates a doctor to get it for her. You don't need to: having a copy is your right. (Click to watch the segment on YouTube.)

It's your health. It's your chart. Participate in your care.

¹ Individuals have the right to review and obtain a copy of their health information from a provider's medical or billing records. 45 Code of Federal Regulations Section 164.524. See [Summary of the HIPAA Privacy Rule](#) (page 12, "Access" paragraph).