



## HIPAA - Health Insurance Portability and Accountability Act

Categories : [Consumer Services](#), [Older Adult Programs](#)

The Health Insurance Portability and Accountability Act (HIPAA) gives rights and protections to people whose health insurance is/was provided by a group plan. HIPAA limits exclusions from insurance because of pre-existing conditions, prohibits discrimination based on health conditions, and gives people the right to buy individual policies if a group plan is not available to them and they have used up their COBRA or other type of health insurance continuation coverage.

**For more information** about HIPAA, go to the  
: <https://www.dol.gov/agencies/ebsa/laws-and-regulations/laws/hipaa>

**If you have a Health Information Privacy Complaint** regarding exclusion from insurance or discrimination prohibited under HIPAA, submit complaints in writing to:

Office of Attorney General  
55 Elm Street  
Hartford, CT 06106

See agency website,  
<https://portal.ct.gov/AG/Health-Issues/Health-Information-Services/Your-Rights-Under-HIPAA> for downloadable forms.

### HIPAA Privacy Rule

The Health Insurance Portability and Accountability Act (HIPAA), the Privacy Rule, took effect April 14, 2003. The Privacy Rule covers health plans, health care clearinghouses, and those health care providers who conduct certain financial and administrative transactions electronically.

The Privacy Rule creates national standards to protect individuals' personal health information, guarantees patients full access to their medical records, gives them more control over how their personal information is used and disclosed, and provides a clear avenue of recourse if their medical privacy is compromised.

**For more information**, go to the website of the United States Department of Health and Human Services, Office for Civil Rights <https://www.hhs.gov/hipaa/index.html>.

### TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:

Search by program name:

[HIPAA Privacy Rule](#)

[HIPAA Questions and Complaints](#)

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SOURCES: United States Department of Health and Human Services; United States Department of Health and



**United Way of Connecticut - 211 and eLibrary**

Resource Center

<https://uwc.211ct.org>

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Human Services, Office for Civil Rights; United States Department of Labor; Connecticut Office of Attorney General

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