

Contact Preferences: E-mail and Text Message Privacy Risks

- HIPAA stands for the *Health Insurance Portability and Accountability Act*. HIPAA was passed by the U.S. government to establish privacy and security protections for health information
- HIPAA states that clients have the right to request to be contacted in a particular manner; however, some modes of communication are less secure than others. Encryption is an important way to secure information and keep unauthorized people from accessing information.
- E-mail: While e-mail is a convenient form of communication, most free e-mail services (e.g. Gmail® or Yahoo®) do not utilize encryption. **When we send you an email, or you send us an email, the information that is sent is not encrypted. This means a third party may be able to access the information and read it since it is transmitted over the Internet. In addition, once the email is received by you, someone may be able to access your email account and read it.**
- Text Messaging: Typical text messaging is called “short message services” or SMS. SMS cannot be encrypted. **This means a third party may be able to access the information. In addition, once the text is received by you, someone may be able to access your phone and read it.**
- The Department of Health and Human Services guidelines state that if a client has been made aware of the risks of unencrypted e-mail or text messaging, and that same client provides consent to receive health information via email or text message, then a health entity may send that client protected health information via unencrypted email or text message.

E-mail Preference: Please Initial ONE of the Following

_____ I have been informed regarding and understand the risks of communicating via unencrypted e-mail and do hereby give The Eating Disorder Trap, Robyn L. Goldberg, RDN, CEDRD-S, permission to send me information, which may include protected health information, via e-mail at the following e-mail address:

_____ I do not wish to receive protected health information via e-mail.

Text Message Preference: Please Initial ONE of the Following

_____ I have been informed regarding and understand the risks of communicating via unencrypted text message and do hereby give The Eating Disorder Trap, Robyn L. Goldberg, RDN, CEDRD-S permission to send me information which may include protected health information via text message at the following phone number: _____

_____ I do not wish to receive protected health information via text message.

Client Name: _____ **Date of Birth:** _____

Signature of Client: _____ **Date:** _____

Legal Representative Name: _____ **Relationship:** _____

Signature: _____ **Date:** _____