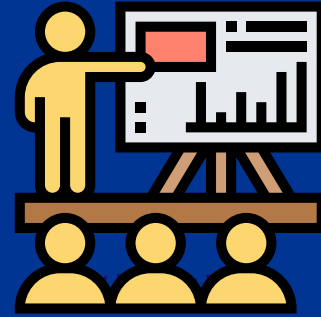


# HHS: OFFICE OF CIVIL RIGHTS (OCR)

## About OCR

"Enforces federal civil rights laws, conscience and religious freedom laws, the Health Insurance Portability and Accountability Act (HIPAA) Privacy, Security, and Breach Notification Rules, and the Patient Safety Act and Rule, which together protect your fundamental rights of nondiscrimination, conscience, religious freedom, and health information privacy."



## How does OCR protect our rights?

1. Teaching health and social service workers about laws
2. Educating communities about rights
3. Investigating complaints to identify discrimination or violation of the law and taking action to correct problems

## HIPAA Rights

-Gives you rights over your health information and sets rules and limits on who can look at and receive your health information.

-Applies to all forms of individuals' protected health information, whether electronic, written, or oral.

-See OCR documents on the next few pages to see how you can access a family member's records if you are a caregiver



## Filing a Civil Rights Complaint

If you believe that you or a loved one have been discriminated against because of a disability (or other reason), you can file a complaint for yourself or for someone else.

The complaint must be:

1. Filed in writing by mail, fax, e-mail, or via the [OCR Complaint Portal](#)
2. Include the name the health care or social service provider involved, and describe the acts or omissions
3. Be filed within 180 days of when you knew that the act or omission complained of occurred

