

Why Can't I Get My Own Health Care Information?

Doctors tell patients, "You should be in charge of your own health", but when you try to access your records, digital tools, or test results, you hit a brick wall. The people who control your data act like it's theirs — even though you paid for the care, and you're legally entitled to the info.

Q Isn't it illegal to block access to my health data?

A It is, but it is still happening. Even though Congress made info blocking illegal in 2016, big software companies, networks, and even hospitals are still dragging their feet—hiding behind technical excuses, charging junk fees, or making it a nightmare to get your records.

Q Why is it so painful to get access to a basic test result?

A The system rewards greed over patients' wellbeing. Getting your medical records should be as easy as checking your bank account. Dominant tech vendors create user agreements that are more like hostage situations—locking people into systems that don't serve their needs.

Q Why are vendors keeping patients from their health data?

A Electronic Health Record companies and digital middlemen make money off your need to access your information. They pass on costs while locking you into their service structure—denying you the modern experience you expect from digital health tools.

Q Isn't improved data sharing the whole reason we digitized health care?

A Yes! The technology meant to help you access your information is being weaponized against you. Digital health was intended to cut costs, simplify access, and give patients the wheel for steering their care. Health info cartels found ways to use your data as leverage in their turf wars for access to more information that they can monetize.

Q What if I have a chronic illness or coordinate across multiple doctors?

A Digital gatekeepers hold the patient at arm's length from transparency at all times, forcing you to beg, fax, or fight to get records you paid for. Every delay, missing chart, and blocked app is another barrier between patients and better health.

Q What does info blocking cost patients?

A Time, money, safety, and trust are collateral casualties of info blocking disputes. Companies that block health information don't care about the surprise bills from duplicate procedures, the repeated tests because your records aren't visible, or the confusion and anxiety patients carry because no one can answer their questions.

Q When does "patient-first" actually mean something?

A "Patient-first" means nothing until you can access your personal health records like the law says. The federal government can fine companies up to \$1M per violation and cut off their access to Medicare and Medicaid programs if they info block. Big vendors are betting you'll give up before you get your data. But the law is on your side.

Information blocking isn't just a technology or policy problem. It affects your safety, your money, your treatment, and your trust in the healthcare system.

When your data flows freely, your care improves. When it's blocked, you're at risk.
