Blog Post or Newsletter Item  
Vermont Health Information Exchange  
Consent Policy Communications Toolkit

*The following headline and text can be used as a blog post or an item in a digital or print newsletter. Please feel free to add to or tailor this language as needed to best serve your patients, clients, or members.* [*Four associated images*](https://healthdata.vermont.gov/content/consent-toolkit-newsletter) *are available in the toolkit and can be used alone or in combination, based on the space you have available.*

Better Care Comes When Healthcare Providers Share

Think about having all your healthcare providers on the same page. No need for duplicate tests. No trying to remember the details of every prescription or treatment you’ve had. Less waiting for doctors to share your records. It would be like carrying your medical record around with you all over Vermont.

The Vermont Health Information Exchange lets participating doctors, hospitals and pharmacies safely share and update your medical records. So when you see a doctor in Burlington or Brattleboro or any place in between, they have access to the same information. Your medical record will be there when and where your participating healthcare providers need it. So whether you’re at your primary care doctor, an emergency room in another town or getting a prescription refilled on the other side of the state, the Health Information Exchange can help improve your care across Vermont.

Your record has basic information about you like your name, age, date of birth and address. It also includes injuries, illnesses, allergies and medications. And it stores test results, x-rays, care summaries and some doctors’ notes. Valuable information that can help providers give you the care you need.

But you don’t have to share your records with anyone. You have options. If you want the benefit of your providers being on the same page, you don’t need to anything at all. You’ll be automatically enrolled. If you’d prefer to not share your records, you don’t have to. That’s called opting out. And it’s easy to do. You can visit [VTHealthInfo.com](http://VTHealthInfo.com) and fill out or download the opt out form. If you’re not sure, there’s also an information hotline available at 1-888-980-1234. The staff on the hotline can guide you through the opt out process or answer any questions about the Health Information Exchange.

To learn more or opt out visit [VTHealthInfo.com](http://VTHealthInfo.com) or call the hotline 1-888-980-1243.