

CareFirst
Family of health care plans

Health Information Sharing Member Education

CareFirst BlueCross BlueShield (CareFirst) offers a secure way to share health information electronically (through an API) with participating healthcare providers. This information may help providers better coordinate your care and access information they may need when treating you. The goal is to help healthcare providers have the information they need to support your healthcare journey.

How this may help you

Sharing information may help healthcare providers:

- Spend less time gathering information from different sources
- Better coordinate your care
- Access information more quickly when you receive care

How will the information be shared?

CareFirst will use secure technology to make certain health information available electronically to participating healthcare providers. This technology is called a Provider Access Application Programming Interface (API). The Provider Access API allows approved computer systems used by doctors and other healthcare providers to securely exchange information.

What information may be available?

Depending on your situation, information that may be available includes:

- Information about healthcare services you've received
- Information related to your health coverage and benefits
- Other health information maintained by CareFirst, as allowed by law

Who has access to my information?

Only authorized healthcare providers involved in your care may access this information through approved systems.

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What are my options?

By default, all members are setup to share information through the Provider Access API allowing authorized healthcare providers involved in your care access to your information. If you choose to have your information shared through the Provider Access API, no action is needed on your part.

Beginning December 15, 2026, if you do **not** want your information shared through the Provider Access API, you may opt out through My Account or by visiting **carefirst.com/health-information-sharing** to download and submit an Opt-Out form.

Dependents age 12 and older can manage their own preferences by creating and signing in to My Account. Subscribers may manage preferences for dependents under age 12.

Choosing not to participate will not affect your health coverage, benefits or access to care.

If you opt out and later change your mind, you can opt back in at any time.

Learn more



To learn more about this program or change your sharing preferences:

- Visit **carefirst.com/health-information-sharing**
- Sign in to My Account, select your name in the upper-right corner and choose *Health Information Sharing*
- Contact Member Services at the number on the back of your member ID card

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