



# REQUEST A RESTRICTION FORM

**As an Upper Peninsula Health Plan (UPHP) member, I know that:**

- I have the right to ask that UPHP's uses or disclosures of my health information for treatment, payment, or health care operations be restricted.
- I have the right to ask that UPHP not disclose information about me to friends or family who are involved in my care.
- UPHP does not need to agree to my request.
- If UPHP agrees, then the restriction is binding on UPHP, except when needed to give me emergency treatment.

Please say why you want the restriction: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Member Name: \_\_\_\_\_

Member Date of Birth: \_\_\_\_\_

Member Address: \_\_\_\_\_

**Return completed forms to:**

Upper Peninsula Health Plan  
 Privacy Officer  
 853 W. Washington St.  
 Marquette, MI 49855

To be completed by UPHP:	
Requested restriction(s) are:	
<input type="checkbox"/> accepted.	<input type="checkbox"/> denied.

**Upper Peninsula Health Plan (UPHP) MI Coordinated Health (HMO D-SNP) Members:** Contact your Care Coordinator or call UPHP Customer Service at 1-877-349-9324 (TTY: 711), Monday through Friday from 8 a.m. to 9 p.m. Eastern Time. The call is free.

**Upper Peninsula Health Plan (UPHP) Medicaid & Healthy Michigan Plan Members:** Call UPHP Customer Service at 1-800-835-2556 (TTY: 711), Monday through Friday from 8 a.m. to 5 p.m. Eastern Time. The call is free.

Upper Peninsula Health Plan (UPHP) MI Coordinated Health (HMO D-SNP) is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees. Enrollment in UPHP MI Coordinated Health depends on contract renewal.

**Free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-877-349-9324 (TTY: 71) or speak to your provider.**