

Guard Your Insurance ID Card Information Closely

Nelson Hardiman partner, Lee Arian, is featured in the article “11 Strategies for Keeping Your Health Data Secure,” published in the *U.S. News & World Report*.

From the [article](#):

Be wary of sharing the medical policy numbers on your health insurance card at health fairs or over the phone with anyone who doesn't have a legitimate reason to ask for them, Piechowski says. If someone offers free medical exams or nutritional supplements and asks for your insurance policy number, politely decline, many such offers “come paired with identity theft,” he says. Hackers can use the information on your insurance ID to get health services, running up costly medical bills in your name. Don't even share your insurance card with relatives, friends or co-workers, says Lee Arian, a partner at a Los Angeles healthcare law firm.