



MEBA MEDICAL & BENEFITS PLAN

MEBA PENSION TRUST

MEBA TRAINING PLAN

MEBA VACATION PLAN

# BENEFIT PLANS

1007 EASTERN AVENUE, BALTIMORE, MARYLAND 21202-4345 • (410) 547-9111

## Restriction Request

MEBA Medical & Benefits Plan  
1007 Eastern Avenue  
Baltimore, MD 21202-4345

As required by the Health Information Portability and Accountability Act of 1996, you have a right to request restrictions on the uses and disclosures of your protected health information as described in our Notice of Privacy Practices. The MEBA Medical & Benefits Plan will make an effort to accommodate reasonable requests.

### RESTRICTION REQUEST SECTION

I, \_\_\_\_\_ (print name) hereby request the following restrictions on the uses and disclosures of my health information (please describe the requested restrictions in detail):

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\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date