



RK360 Democratizing Healthcare™

## HIPAA Request for Access to My Health Information

Tracking #: 301

To: TUCKERMAN, MYRA BETH; NPI #:  
1831184381

Fax: +19725329272

Sent: Feb 06, 2026 08:58 GMT-07:00

From: Chris Howe-Jones

For: New Patient; Chris Howe-Jones; Apr 02, 1965

CC: Chris Howe-Jones; chowe-jones@redkangaroo.us

I administer an RK360 Cloud Health Record for myself. I ask that you upload to that RK360 Cloud Health Record all results of telehealth and onsite visits, during all years, with me, without delay, per HIPAA and 21<sup>st</sup> Century Cures Act (<https://www.healthit.gov/curesrule/>). If I have confirmed your previous upload of files to this RK360 Record, you need not upload these files again.

Please copy this secure, time-limited link to your web browser <http://localhost:8080/d6VvDTIV> After identity authentication, within 48 hours after this message was sent, you may:

- Access photo, ID, and health insurance cards for record-matching purposes.
- View and download my HIPAA Request for Access to Health Information.
- Upload all results of telehealth and onsite visits with you and your business associates, during all years up to the above date (including but not limited to care plans, discharge summaries, encounter notes, lab results, radiology imaging reports, referral notes, vaccination certificates, and X-rays). If I have confirmed your previous upload of files, you need not upload these files again.

You will receive confirmation from me, via RK360, of timely request fulfillment without record-matching errors.

Thank you,

Chris Howe-Jones

*360HealthTech, Inc. ("360") [www.rk360.health](http://www.rk360.health) certifies that the above-named Record Administrator on behalf of the above-named Record Owner is aware of, has consented to and has directed 360 to transmit this message. You may access certification of the Record Administrator's consent after using the secure link above to authenticate identity.*

This message is confidential and/or privileged intended only for the recipient indicated above. If you are not the intended recipient, please be advised that any disclosure, copying, distribution, or use of this message is strictly prohibited. Please destroy the message immediately and notify us at [support@rk360.health](mailto:support@rk360.health) about the erroneous receipt. DOC20230124.01F

Are you an empathic provider who helps patients navigate healthcare?  
Email [providers@rk360.health](mailto:providers@rk360.health) for info about free RK360 healthtech for your practice