

YOUR WORKING CHECKLIST

Keep medical examination records and immigration submission materials distinct

How can I handle immigration medical records privately without using an outdated envelope rule?

Separate personal clinical records, the completed immigration materials and the current channel instructions. Use appropriate private delivery and ask the responsible clinic or authorized professional about unclear handling requirements. This guide does not diagnose a condition, guarantee confidentiality in every setting or apply one envelope rule to all filing methods.

Check the boxes on screen or by hand. Use the notes area for records to find and questions to ask.

Your preparation checklist

- ☐ Identify the record and its intended recipient.
- ☐ Read current handling instructions for the actual channel.
- ☐ Keep clinical interpretation with the clinician.
- ☐ Limit disclosure to the appropriate task.
- ☐ Preserve a handling log and unresolved questions.

Notes and questions to follow up

Source links and current instructions

Sources checked October 25, 2026. Follow current instructions at the linked institution.

Centers for Disease Control and Prevention: Medical history and physical examination: civil-surgeon technical instructions

<https://www.cdc.gov/immigrant-refugee-health/hcp/civil-surgeons/medical-history-physical-examination.html>

USCIS: Policy Manual: evidence

<https://www.uscis.gov/policy-manual/volume-1-part-e-chapter-6>

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Source links (continued)

Immigrant Insider: Editorial policy and verification status

<https://immigrantinsider.com/editorial-policy/>

Return to the complete guide

<https://immigrantinsider.com/procedures/medical-record-privacy/>

General information

This free organizer is not a government form and does not submit an application, establish eligibility, preserve a deadline or replace individual legal advice. Government filing fees and professional services are separate.