

## Notice of Privacy Practices

This notice describes how treatment information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

### Right to Privacy

Health care providers are required by federal and state law to maintain the privacy of your treatment information. We are also required to give you notice about our privacy practices, our legal duties, and your rights concerning your treatment information.

I must follow the privacy practices that are described while they are in effect (they became effective April 14, 2003). I reserve the right to change my privacy practices and the terms of this notice at any time, provided such changes are permitted by applicable law. You may request a copy of the notice at any time from me.

### Use and Disclosures of Treatment Information

I will use information about your health care to provide you with treatment, to arrange payment for my services, and in conjunction with other health care providers, organizations, and professionals. The information privacy practices in this notice will be followed by any associate involved in your care and any business associate with whom I share health information.

The following categories describe examples of the way I use and disclose treatment information:

For treatment: I may discuss your treatment information with another mental health professional. For example, I may provide information to your health plan or other providers to arrange for a referral or consultation.

For payment: I may use and disclose your treatment information to obtain payment for services I provide you, including – but not limited to – businesses in connection with billing and collection activities. For example, I may contact your insurer to verify benefits and obtain prior authorization to make sure they will pay for your care.

Legal proceedings: I may disclose information in response to a court or administrative order, subpoena, discovery request, or other lawful process under certain circumstances.

Scheduling appointments: I may use your phone numbers to call you and leave messages to schedule or remind you of appointments. I may disclose information to appropriate authorities if I reasonably believe that you are a possible victim of abuse, neglect, or domestic violence or the possible victim of other crimes. I may disclose information to the extent necessary to protect your health or safety, or the health or safety of others. I will not disclose your treatment information if that disclosure is prohibited or significantly limited by other applicable law.

### Your Health Information Rights

You have the right to:

- Inspect or copy treatment information that may be used to make decisions about your care with limited exceptions. You must make a request in writing by sending a letter to me at the above address.
- Request restrictions on uses and disclosures of your treatment information for the purposes of treatment, payment, or healthcare operations. I am not required to allow your request. If I do agree with the request, I will comply with it except to the extent that disclosure has already occurred or if you are in need of emergency treatment and the information is needed to provide that treatment.
- Request that I amend or make changes to your treatment record. Your request must be in writing and it must explain why the information should be changed.
- To receive a list of instances in which I disclosed your information for purposes other than treatment, payment, or those disclosures you have authorized in writing.
- To request that I contact you by alternative means or at alternative locations. For instance, you may ask that I contact you at work. You must inform me in writing that alternative means are required.
- To receive a paper copy of this Notice and any amended Notices upon request.

### Questions and Complaints

If you believe your privacy rights have been violated, you may file a complaint with me or with the Secretary of Health and Human Services, Office of Civil Rights, 200 Independence Ave., S.W., Washington, DC 20201 (1-877-696-6775). There will be no retaliation for filing a complaint.