

THESE TWO PAGES ARE YOURS TO KEEP.

Advanced Relief Chiropractic & Acupuncture
405 West Oak St.
Denton, TX 76201

Notice of Privacy Practices

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

We care about our patients' privacy and strive to protect the confidentiality of your medical information at this practice. New federal legislation requires that we issue this official notice of our privacy practices. You have the right to the confidentiality of your medical information, and this practice is required by law to maintain the privacy of that information. If you have any questions about this notice please contact the privacy officer at this practice.

Who will follow this notice?

Any health care professional authorized to enter information into your medical record, all employees, staff, and other personnel at this practice who may need access to your information must abide by this notice. All subsidiaries, business associates, billing services, sites and locations of this practice may share medical information with each other for treatment, payment purposes, or health operations described in this notice. Except when treatment is involved, only the minimum necessary information needed to accomplish the task will be shared.

How we may use and disclose medical information about you:

The following categories describe different ways that we may use and disclose medical information without your specific consent or authorization. Examples are provided for each category of uses and disclosures. Not all possible uses or disclosures are listed.

For treatment: We may use medical information about you to provide you with medical treatment and services.

For payment: We may use and disclose information about you so that the treatment and services you receive from us may be billed and payment may be collected from you, an insurance company, or a third party.

Example-

We may need to send your protected health information, such as your name, address, office visit date, and codes identifying your diagnosis and treatment to your insurance company for payment.

For health care operations: We may use and disclose medical information about you for health care operations to assure that you receive quality care. Example- We may use medical information to review our treatment and services to evaluate the performance of our staff in caring for you.

Other uses or disclosures that can be made without your consent or authorization:

- As required during an investigation by law enforcement agencies.
- To avert a serious threat to public health or safety.
- As required by military command authorities for their medical records.
- To Workers' Compensation or similar programs for processing of medical claims.
- If an inmate, to the correctional institution or law enforcement official.
- As required by the US Food and Drug Administration.
- Other healthcare providers; treatment activities.
- Other covered entities' and providers payment activities.
- Other covered entities' healthcare operations activities to the extent permitted under HIPAA).
- Uses and disclosures required by law.
- Health oversight activities.
- Other public health activities.

We may contact you to provide appointment reminders or information about treatment alternatives or other health related benefits and services that may be of interest to you.

Uses and Disclosures of Protected Health information requiring your written authorization:

Other uses and disclosures of medical information not covered by this notice or the laws that apply to us will be made only with your written authorization. If you give us authorization to use or disclose medical information about you, you may revoke that authorization, in writing, at any time. If you revoke your

authorization, we will thereafter no longer use or disclose medical information about you for the reasons covered by your written authorization. You understand that we are unable to take back and disclosures we have already made with your authorization, and that we are required to retain our records of the care we have provided to you.

Your individual rights regarding your medical information:

Complaints: If you believe your privacy rights have been violated, you may file a complaint with the privacy officer at this practice or with the secretary of the Department of Health and Human Services. ALL COMPLAINTS MUST BE SUBMITTED IN WRITING. You will not be penalized or discriminated against for filing a complaint.

Right to request restrictions:

You have the right to request a restriction or limitation on the medical information we use or disclose about you for treatment, payment, or health care operations, or to someone who is involved in your care or the payment of your care. WE ARE NOT REQUIRED TO AGREE WITH YOUR REQUEST. If we do agree, we will comply with your request unless the information is needed to provide you with emergency treatment. To request restrictions, you must submit your request in writing to the privacy officer at this practice. In your request, you must tell us what information you want to limit.

Right to request confidential communication:

You have the right to request how we should send communications to you about medical matters, and where you would like those communications directed. To request confidential communications, you must specify how and where you wish to be contacted. We reserve the right to deny a request if it imposes an unreasonable burden on the practice.

Right to inspect and copy:

You have the right to inspect and copy medical information that may be used to make decisions about your care. Usually this includes medical and billing records but does not include psychotherapy notes, information compiled for use in a civil, criminal, or administrative action or proceeding, and protected health information to which access is prohibited by law. To inspect and copy medical information that may be used to make decisions about you, you must submit your request in writing to the privacy officer at this practice. If you request a copy of the information, we reserve the right to charge a fee for copying, mailing, and other supplies associated with your request. We may deny your request to inspect and copy in certain very limited circumstances. If you are denied access to medical information, you may request that the denial be reviewed. Another licensed health care professional chosen by this practice will review your request and denial. The person conducting the review will not be the person who denied your request. We will comply with the outcome of the review.

Right to Amend:

If you feel that medical information we have about you is incorrect or incomplete, you may ask us to amend the information. You have the right to request an amendment for as long as the information is kept. To request an amendment, your request must be made in writing to the privacy officer at this practice. In addition, you must provide a reason that supports your request. We may deny your request for an amendment if it is not in writing or does not include a reason to support the request. In addition, we may deny your request if the information was not created by us, is not part of the medical information kept at this practice, is not part of the information which you would be permitted to inspect and copy, or which we deem to be accurate and complete. If we deny your request for an amendment, you have the right to file a statement of disagreement with us. We may prepare a rebuttal to your statement and will provide you with a copy of the rebuttal. Statements of disagreement and any corresponding rebuttals will be kept on file and sent out with any future authorized request for information pertaining to the appropriate portion of your record.

Right to an accounting of non-standard disclosures:

You have the right to request a list of the disclosures we made of medical information about you. To request this list, you must submit your request to the privacy officer at this practice. Your request must state the time period for which you want to receive a list of disclosures that is no longer than six years and may not include dates before April 14, 2003. Your request should indicate in what form you want the list. The first list you request within a 12-month period will be free. For additional lists, we reserve the right to charge you for the cost of providing this list.

Right to a paper copy of this notice:

You have the right to a paper copy of this notice at any time. Even if you have agreed to receive this notice electronically, you are still entitled to a paper copy. To obtain a paper copy of the current notice, please request one in writing from the privacy officer at this practice.

Changes to this notice:

We reserve the right to change this notice. We reserve the right to make the revised or changed notice effective for medical information we already have about you as well as any information we receive in the future. We will post a copy of the current notice, with the effective date in the upper right corner of the first page.