

Notice of Privacy Practices: Your Information. Your Rights. Our Responsibilities.

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

<p>Your Rights</p> <p>You have the right to:</p> <ul style="list-style-type: none"> • Get a copy of your paper or electronic medical record • Correct your paper or electronic medical record • Request confidential communication • Ask us to limit the information we share • Get a list of those with whom we've shared your information • Get a copy of this privacy notice • Choose someone to act for you • File a complaint if you believe your privacy rights have been violated 	<p>Your Choices</p> <p>You have some choices in the way that we use and share information as we:</p> <ul style="list-style-type: none"> • Tell family and friends about your condition • Provide disaster relief • Provide mental health care • Market our services and sell your information
<p>Our Uses and Disclosures</p> <p>We may use and share your information as we:</p> <ul style="list-style-type: none"> • Treat you • Run our organization • Bill for your services • Help with public health and safety issues • Do research 	
<ul style="list-style-type: none"> • Comply with the law • Respond to organ and tissue donation requests • Work with a medical examiner or funeral director • Address workers' compensation, law enforcement, government requests • Respond to lawsuits and legal actions 	

Your Rights

When it comes to your health information, you have certain rights. This section explains your rights and some of our responsibilities to help you.

Get an electronic or paper copy of your medical record

- You can ask to see or get an electronic or paper copy of your medical record and other health information we have about you. Ask us how to do this.
- We will provide a copy or a summary of your health information, usually within 30 days of your request. We may charge a reasonable, cost-based fee.

Ask us to correct your medical record

- You can ask us to correct health information about you that you think is incorrect or incomplete. Ask us how to do this.
- We may say "no" to your request, but we'll tell you why in writing within 60 days.

Request confidential communications

- You can ask us to contact you in a specific way (for example, home or office phone) or to send mail to a different address.
- We will say "yes" to all reasonable requests.

Ask us to limit what we use or share

- You can ask us not to use or share certain health information for treatment, payment, or our operations. We are not required to agree to your request, and we may say "no" if it would affect your care.
- If you pay for a service or health care item out-of-pocket in full, you can ask us not to share that information for the purpose of payment or our operations with your health insurer. We will say "yes" unless a law requires us to share that information.

Get a list of those with whom we've shared information

- You can ask for a list (accounting) of the times we've shared your health information for six years prior to the date you ask, who we shared it with, and why.
- We will include all the disclosures except for those about treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make). We'll provide one accounting a year for free but will charge a reasonable, cost-based fee if you ask for another one within 12 months.

Get a copy of this privacy notice

You can ask for a paper copy of this notice at any time, even if you have agreed to receive the notice electronically.

Choose someone to act for you

- If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information.
- We will make sure the person has this authority and can act for you before we take any action.

File a complaint if you feel your rights are violated

- You can complain if you feel we have violated your rights by contacting us.
- You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201, calling 1-877-696-6775, or visiting www.hhs.gov/ocr/privacy/hipaa/complaints/.
- We will not retaliate against you for filing a complaint.

Your Choices

For certain health information, you can tell us your choices about what we share. If you have a clear preference for how we share your information in the situations described below, talk to us. Tell us what you want us to do, and we will follow your instructions.

In these cases, you have both the right and choice to tell us to:

- Share information with your family, close friends, or others involved in your care
- Share information in a disaster relief situation

If you are not able to tell us your preference, for example if you are unconscious, we may go ahead and share your information if we believe it is in your best interest. We may also share your information when needed to lessen a serious and imminent threat to health or safety.

In these cases we never share your information unless you give us written permission:

- Marketing purposes
- Sale of your information
- Most sharing of psychotherapy notes

Our Uses and Disclosures

How do we typically use or share your health information?

We typically use or share your health information in the following ways.

Treat you

We can use your health information and share it with other professionals who are treating you.

Example: A doctor treating you for an injury asks another doctor about your overall health condition.

Run our organization

We can use and share your health information to run our practice, improve your care, and contact you when necessary.

Example: We use health information about you to manage your treatment and services.

Bill for your services

We can use and share your health information to bill and get payment from health plans or other entities.

Example: We give information about you to your health insurance plan so it will pay for your services.

How else can we use or share your health information?

We are allowed or required to share your information in other ways – usually in ways that contribute to the public good, such as public health and research. We have to meet many conditions in the law before we can share your information for these purposes. For more information see:

www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/index.html.

Help with public health and safety issues

We can share health information about you for certain situations such as:

- Preventing disease
- Helping with product recalls
- Reporting adverse reactions to medications
- Reporting suspected abuse, neglect, or domestic violence
- Preventing or reducing a serious threat to anyone's health or safety

Do research

We can use or share your information for health research.

Comply with the law

We will share information about you if state or federal laws require it, including with the Department of Health and Human Services if it wants to see that we're complying with federal privacy law.

Respond to organ and tissue donation requests

We can share health information about you with organ procurement organizations.

Work with a medical examiner or funeral director

We can share health information with a coroner, medical examiner, or funeral director when an individual dies.

Address workers' compensation, law enforcement, and other government requests

We can use or share health information about you:

- For workers' compensation claims
- For law enforcement purposes or with a law enforcement official
- With health oversight agencies for activities authorized by law
- For special government functions such as military, national security, and presidential protective services

Respond to lawsuits and legal actions

We can share health information about you in response to a court or administrative order, or in response to a subpoena.

Our Responsibilities

- We are required by law to maintain the privacy and security of your protected health information.
- We will let you know promptly if a breach occurs that may have compromised the privacy or security of your information.
- We must follow the duties and privacy practices described in this notice and give you a copy of it.
- We will not use or share your information other than as described here unless you tell us we can in writing. If you tell us we can, you may change your mind at any time. Let us know in writing if you change your mind.

For more information see: www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/noticepp.html.

Changes to the Terms of this Notice

We can change the terms of this notice, and the changes will apply to all information we have about you. The new notice will be available upon request, in our office, and on our web site.

Effective Date of this Notice: 03/04/2019



OFFICE
FOR
CIVIL
RIGHTS

SUS DERECHOS SOBRE LA CONFIDENCIALIDAD DE LA INFORMACIÓN SOBRE SU SALUD

La mayoría de nosotros sentimos que nuestra información de salud es privada y que debe ser protegida. Es por eso que hay una ley federal que establece normas para los proveedores de atención médica y las compañías de seguro médico acerca de quién puede ver y recibir información sobre nuestra salud. Esta ley, llamada Health Insurance Portability and Accountability Act of 1996 (HIPAA), le da derechos sobre la información sobre su salud, incluso el derecho a obtener una copia de esa información, a asegurarse de que es correcta y a saber quién la ha visto.

Obtégala

Usted puede solicitar ver u obtener una copia de su archivo médico y otra información médica. Si desea una copia, es posible que tenga que presentar una solicitud por escrito y pagar el costo de la copia y del correo. En la mayoría de los casos, se le deben dar las copias dentro de los 30 días.

Contrólela

Usted puede pedir que se cambie cualquier información incorrecta de su archivo o que se agregue información a su archivo si usted piensa que falta algo o que la información no está completa. Por ejemplo, si usted y su hospital coinciden en que el archivo tiene un resultado erróneo de un análisis, el hospital debe cambiarlo. Incluso si el hospital considera que el resultado del análisis es correcto, usted igual tiene derecho a que se indique en el archivo que usted no está de acuerdo. En la mayoría de los casos, el archivo debe ser actualizado dentro de los 60 días.

Sepa quién la ha visto

Por ley, la información sobre su salud puede utilizarse y darse a conocer por razones específicas que no están directamente relacionadas con su atención, como garantizar que los médicos den una buena atención, garantizar que los hogares de ancianos estén limpios y sean seguros, informar sobre la presencia de gripe en su zona o presentar los informes exigidos por la ley estatal o federal. En muchos de estos casos, usted puede averiguar quién ha visto la información sobre su salud. Usted puede:

- **Saber cómo su médico o la compañía de seguro médico usan e intercambian la información sobre su salud.** Por lo general, la información sobre su salud no puede utilizarse sin su permiso para fines que no estén directamente relacionados con su atención médica. Por ejemplo, su médico no puede comentársela a su empleador, o revelarla para fines de mercadeo y publicidad sin su autorización escrita. Probablemente usted recibió un aviso que le dice cómo su información médica puede ser usada en su primera visita a un proveedor de servicios médicos nuevo o cuando usted tenga un nuevo seguro médico, pero en cualquier momento usted puede pedir otra copia.

- **Informar a sus proveedores o compañías de seguros médicos si hay información que usted no quiere revelar.** Usted puede pedir que la información sobre su salud no sea revelada a ciertas personas, grupos o empresas. Si usted va a una clínica, por ejemplo, usted puede pedirle al médico que no dé a conocer su historia clínica a otros médicos o al personal de enfermería de la clínica. También, usted puede pedir otro tipo de restricciones, pero ellos no siempre tienen que estar de acuerdo con lo que usted pide, sobre todo si eso pudiera afectar su atención médica. Finalmente, usted puede pedirles a su proveedor de atención médica o a su farmacia que no informen a su compañía de seguro médico acerca de la atención o los fármacos que recibe, siempre que usted sea quien paga la atención o los fármacos en su totalidad y que el proveedor o la farmacia no necesiten recibir ningún pago por parte de su compañía de seguros.
- **Solicitar que no lo contacten en su casa sino en otro lugar.** Usted puede hacer peticiones razonables, como que lo contacten en distintos lugares o de otra manera. Por ejemplo, usted puede pedir que el personal de enfermería lo llame a su oficina y no a su casa o que le envíe la correspondencia en un sobre y no en una tarjeta sin sobre.

Si usted piensa que le han denegado sus derechos o que la información sobre su salud no está protegida, usted tiene el derecho de presentar una reclamación a su proveedor, compañía de seguro médico o al Department of Health and Human Services de Estados Unidos.

Para saber más, visite www.hhs.gov/ocr/privacy/.



For more information, visit www.hhs.gov/ocr/.

U.S. Department of Health & Human Services
Office for Civil Rights