Uplift Coaching

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EFFECTIVE DATE OF THIS NOTICE This notice went into effect on May 1, 2024.

NOTICE OF PRIVACY PRACTICES

THIS NOTICE DESCRIBES HOW HEALTH INFORMATION MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

- **I. MY PLEDGE REGARDING HEALTH INFORMATION:** We understand that health information about you is personal and are committed to protecting it. This notice informs you about how we may use and disclose your health information, your rights regarding this information, and our legal obligations.
- II. HOW WE MAY USE AND DISCLOSE HEALTH INFORMATION: We may use and disclose your health information for treatment, payment, or health care operations. Additionally, in legal proceedings, we will only disclose information if required by law or authorized by you.
- III. CERTAIN USES AND DISCLOSURES REQUIRE YOUR AUTHORIZATION: Psychotherapy Notes are only disclosed with your Authorization, except in specific circumstances outlined by law.
- IV. CERTAIN USES AND DISCLOSURES DO NOT REQUIRE YOUR AUTHORIZATION: We may use and disclose your health information without your Authorization in specific situations outlined by law, such as public health activities, health oversight activities, and judicial and administrative proceedings.
- V. CERTAIN USES AND DISCLOSURES REQUIRE YOU TO HAVE THE OPPORTUNITY TO OBJECT: You have the right to object to certain disclosures of your health information, such as disclosures to family members or friends involved in your care.
- VI. YOU HAVE THE FOLLOWING RIGHTS WITH RESPECT TO YOUR PHI: You have various rights regarding your protected health information (PHI), including the right to request limits on uses and disclosures, the right to see and get copies of your PHI, and the right to request corrections to your PHI.

Acknowledgement of Receipt of Privacy Notice By signing below, you acknowledge that you have received a copy of this Notice of Privacy Practices.

BY SIGNING BELOW I AM AGREEING THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT