

## HIPAA DISCLOSURES RE CONFIDENTIAL INFORMATION

THIS NOTICE CONTAINS INFORMATION CONCERNING HOW CONFIDENTIAL MENTAL HEALTH TREATMENT INFORMATION CONCERNING YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN OBTAIN ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY AND LET US KNOW ANY QUESTIONS THAT YOU MAY HAVE CONCERNING THIS NOTICE. During the process of providing services to you, Well Relate, LLC, Jessika Redman, DBH, LPC, NCC, DAACS will obtain and use mental health and medical information concerning you that is both confidential and privileged. Ordinarily this confidential information will be used in the manner that is described in this statement, and will not be disclosed without your consent, except for the circumstances described in this Notice.

### USES AND DISCLOSURES OF PROTECTED INFORMATION

General Uses and Disclosures Not requiring the Patient's Consent. Well Relate, LLC, Jessika Redman, DBH, LPC, NCC, DAACS, 333 Perry Street Suite 206, Castle Rock, CO 80104 will use and disclose protected health information in the following ways.

**Treatment.** Treatment refers to the provision, coordination, or management of mental health care and related services by one or more health care providers. For example, Well Relate, LLC, Jessika Redman, DBH, LPC, NCC, DAACS Therapists and staff involved with your care may use your information to plan your course of treatment and consult with other health care professionals or their staff concerning services needed or provided to you.

**Payment.** Payment refers to the activities undertaken by a health care provider to obtain or provide reimbursement for the provision of health care. For example, Well Relate, LLC, Jessika Redman, DBH, LPC, NCC, DAACS and other health care professionals will use information that identifies you, including information concerning your diagnosis, services provided to you, dates of services, and services needed by you, and may disclose such information to insurance companies, to businesses that review bills for health care services and handle claims for payment of health care benefits in order to obtain payment for services. If you are covered by Medicaid, information may be provided to the State of Colorado's Medicaid program, including but not limited to your treatment, conditions, diagnosis, and services received.

**Health Care Operations.** Health Care Operations means activities undertaken by health insurance companies, businesses that administer health plans, and companies that review bills for health care and services in order to process claims for health care benefits. These functions include management and administrative activities. For example, such companies may use your health information in monitoring of service quality, staff training and evaluation, medical reviews, legal services, auditing functions, compliance programs, business planning and Accreditation, certification, licensing and credentialing activities.

**Contacting the Patient.** Well Relate, LLC, Jessika Redman, DBH, LPC, NCC, DAACS may contact you to remind you of appointments and to tell you about treatments or other services that might be of benefit to you.

**Required by Law.** Well Relate, LLC, Jessika Redman, DBH, LPC, NCC, DAACS will disclose protected health information when required by law. This includes, but is not limited to: (a) reporting child abuse or neglect to the Department of Human Services or to law enforcement; (b) when court ordered to release information; (c) when there is a legal duty to warn of a threat that a patient has made of imminent physical violence, health care professionals are required to notify the potential victim of such a threat, and report it to law enforcement; (d) when a patient is imminently dangerous to herself/himself or to others, or is gravely disabled, health care professionals may have a duty to hospitalize the patient in order to obtain a 72-hour evaluation of the patient; and (e) when required to report a threat to the national security of the United States.

**Health Oversight Activities.** Your confidential, protected health information may be disclosed to health oversight agencies for oversight activities authorized by law and necessary for the oversight of the health

care system, government health care benefit programs, regulatory programs or determination compliance with program standards.

Crimes on the premises or observed by Well Relate, LLC, Jessika Redman, DBH, LPC, NCC, DAACS personnel. Crimes that are observed by Jessika Redman, DBH, LPC, NCC, DAACS staff, that are directed toward staff, or occur on Well Relate, LLC, Jessika Redman, DBH, LPC, NCC, DAACS premises will be reported to law enforcement.

Business Associates. Confidential health care information concerning you, provided to insurers or to plans for purposes or payment for services that you receive may be disclosed to business associates. For example, some administrative, clinical, quality assurance, billing, legal, auditing and practice management services may be provided by contracting with outside entities to perform those services. In those situations, protected health information will be provided to those contractors as is needed to perform their contracted tasks. Business associates are required to enter into an agreement maintaining the privacy of the protected health information released to them.

Research. Protected health information concerning you may be used with your permission for research purposes if the relevant provisions of the Federal HIPAA Privacy Regulations are followed.

Involuntary Crisis. Information regarding patients who are being treated involuntarily, pursuant to law, will be shared with other treatment providers, legal entities, third party payers and others, as necessary to provide the care and management coordination needed in compliance with Colorado law.

Family Members. Except for certain minors, incompetent patients, or involuntary patients, protected health information cannot be provided to family members without the patient's consent. In situations where family members are present during a discussion with the patient, and it can be reasonably inferred from the circumstances that the patient does not object, information may be disclosed in the course of that discussion. However, if the patient objects, protected health information will not be disclosed.

Emergencies. In life threatening emergencies Jessika Redman, DBH, LPC, NCC, DAACS staff will disclose information necessary to avoid serious harm or death.

B. Patient Release of Information or Authorization. Jessika Redman, DBH, LPC, NCC, DAACS and other health care professionals may not use or disclose protected health information in any way without a signed release of information or authorization. When you sign a release of information, or an authorization, it may later be revoked, provided that the revocation is in writing. The revocation will apply, except to the extent Jessika Redman, DBH, LPC, NCC, DAACS has already taken action in reliance thereon.

## II. YOUR RIGHTS AS A Patient

Access to Protected Health Information. You have the right to receive a summary of confidential health information concerning your mental health services needed or provided to you. There are some limitations to this right, which will be provided to you at the time of your request, if any such limitation applies. To make a request, ask Jessika Redman, DBH, LPC, NCC, DAACS staff for the appropriate request form.

Amendment of Your Record. You have the right to request that Jessika Redman, DBH, LPC, NCC, DAACS or your health care professionals amend your protected health information. Jessika Redman, DBH, LPC, NCC, DAACS is not required to amend the record if it is determined that the record is accurate and complete. There are other exceptions, which will be provided to you at the time of your request, if relevant, along with the appeal process available to you. To make a request, ask Jessika Redman, DBH, LPC, NCC, DAACS staff for the appropriate request form.

Accounting of Disclosures. You have the right to receive an accounting of certain disclosures Jessika Redman, DBH, LPC, NCC, DAACS has made regarding your protected health information. However, that accounting does not include disclosures that were made for the purpose of treatment, payment, or health care operations. In addition, the accounting does not include disclosures made to you, disclosures made pursuant to a signed Authorization, or disclosures made prior to April 14, 2003. There are other exceptions that will be provided to you, should you request an accounting. To make a request, ask Jessika Redman, DBH, LPC, NCC, DAACS staff for the appropriate request form.

**Additional Restrictions.** You have the right to request additional restrictions on the use of disclosures of your health information. Jessika Redman, DBH, LPC, NCC, DAACS does not have to agree to that request, and there are certain limits to any restriction, which will be provided to you at the time of your request. To make a request, ask Jessika Redman, DBH, LPC, NCC, DAACS staff for the appropriate request form.

**Alternative Means of Receiving Confidential Communications.** You have the right to request that you receive communications of protected health information from Jessika Redman, DBH, LPC, NCC, DAACS by alternative means or at alternative locations. For example, if you do not want Jessika Redman, DBH, LPC, NCC, DAACS to mail bills or other materials to your home, you can request that this information be sent to another address. There are limitations to the granting of such requests, ask Jessika Redman, DBH, LPC, NCC, DAACS staff for the appropriate request form.

**Copy of this Notice.** You have a right to obtain another copy of this Notice upon request.

### III. NOTICE REGARDING USE OF TECHNOLOGY

**Email Communications.** Unencrypted email may not be confidential, and any information regarding PHI sent by email may not be confidential.

**Skype, Facetime, or Other Similar Video Conferencing Technology.** Communication through Skype or Facetime may not be confidential.

**Internet Communications.** Counseling or communication through the internet may not be confidential.

**Storage of Health Care Information.** Health care records and information maintained on a Cloud may not be confidential, depending on the number of servers involved.

**Phone Mail or Voicemail.** Telephone messages left through voicemail may not be confidential, if they may be accessed by individuals other than the patient. Please let me know if you do not want me to use voicemail in contacting you.

**Facsimile Communications.** The submission of health care information or records by fax may not be confidential; and may lead to a disclosure of confidential information to third parties if the wrong fax number is used to send the information.

**Communication by U.S. mail.** Communication of information by U.S. mail may lead to disclosure of private information to third parties, depending on who may open the mail. Please let me know if you do not want me to send you correspondence, billing invoices, or other information through the U.S. mail.

### IV. ADDITIONAL INFORMATION

**Privacy Laws.** Jessika Redman, DBH, LPC, NCC, DAACS is required by State and Federal law to maintain the privacy of protected health information. In addition, legal duties and privacy practices with respect to protected patients with notice of its legal duties and privacy practices with respect to protected health information. That is the purpose of this Notice.

**Terms of the Notice and Changes to the Notice.** Jessika Redman, DBH, LPC, NCC, DAACS is required to abide by the terms of this Notice, or any amended Notice that may follow. Jessika Redman, DBH, LPC, NCC, DAACS reserves the right to change the terms of its Notice and to make the new Notice provisions effective for all protected health information that it maintains. When the Notice is revised, the revised Notice will be posted in T-E-S-S-A's service delivery sites and will not be available upon request.

**Complaints Regarding Privacy Rights.** If you believe Jessika Redman, DBH, LPC, NCC, DAACS has violated your privacy rights, you have the right to complain to Jessika Redman, DBH, LPC, NCC, DAACS management. Please submit a statement, in writing, addressed to Jessika Redman, DBH, LPC, NCC, DAACS 333 Perry Street Suite 206, Castle Rock, CO 80104, concerning your complaint and the basis for it. You also have the right to complain to the United States Secretary of Health and Human Services by sending your complaint to Independence Avenue, S.W., Room 515F, HHH Bldg., Washington, D.C. 20201. It is the policy of Jessika Redman, DBH, LPC, NCC, DAACS that there will be no retaliation for your filing of such complaints.

Additional Information. If you desire additional information about your privacy rights at Jessika Redman, DBH, LPC, NCC, DAACS, please ask us questions that you may have.

#### V. CONFIDENTIALITY OF ALCOHOL AND DRUG ABUSE PATIENT RECORDS

The confidentiality of alcohol and drug abuse patient records maintained by Jessika Redman, DBH, LPC, NCC, DAACS is protected by Federal law and regulations. Generally, the program may not say to a person outside the program that a patient attends the program, or disclose any information identifying a patient as an alcohol or drug abuser Unless:

The patient comments in writing;

The disclosure is allowed by a court order; or

The disclosure is made to medical personnel in a medical emergency or to qualified personnel for research, audit, or program evaluation.

B. Violation of the Federal Law and regulations by a program is a crime. Suspected violations may be reported to appropriate authorities in accordance with Federal regulations.

C. Federal law and regulations do not protect any information about a crime committed by a patient either at the program or against any person who works for the program or about any threat to commit such a crime. Disclosure may be made concerning any threat made by a patient to commit imminent physical violence against another person to the potential victim who has been threatened and to law enforcement.

D. Federal law and regulations do not protect any information about suspected child abuse or neglect from being reported under State law to appropriate State or local authorities.

#### VI. EFFECTIVE DATE, THIS NOTICE IS EFFECTIVE APRIL 14, 2003.

I understand these disclosures. I have received a copy of this Disclosure Statement and Notice of Privacy Rights.

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Patient Signature