

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.

Our pledge to protect your privacy. Holding Arms L.L.C. is committed to protecting the privacy of your medical information. Your care and treatment are recorded in a medical record. So that we can best meet your needs, we share your medical record with the providers involved in your care. We share your information only to the extent necessary to collect payment for the services we provide, to conduct our business operations, and to comply with the laws that govern health care. We will not use or disclose your information for any other purpose without your permission.

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.

Copy of medical record	Receive an electronic or paper copy of your medical record. - You can ask to see or copy 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 within the time required by state and federal law. - If you ask to see or receive a copy of your record for purposes of reviewing current medical care, we may not charge you a fee. - If you request copies of your records of past medical care, or for certain appeals, we may charge specified fees.
Request to amend medical record	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 will tell you why in writing within 60 days.
Request confidential communications	Ask us to contact you confidentially. - 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.
Request to limit use or sharing (TPO)	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 (TPO). 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.



List of those with whom we have shared information	Get a list of those with whom we have shared information. - You can ask for a list (an accounting) of the times we have shared your health information for six years before the date you ask, who we shared it with, and why. - We will include all disclosures except those about treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make). We will provide one accounting a year for free but will charge a reasonable, cost-based fee if you ask for another one within 12 months.
Copy of this privacy notice	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 it electronically. We will provide you with a paper copy promptly.
File a complaint	File a complaint if you feel your rights are violated. - You can complain to us by contacting the Privacy Official listed at the end of this notice. - 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, DC 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

Request us not to share	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 not to: - Share information with your family, close friends, or others involved in your care. - Share information in a disaster relief situation. - Include your information in a hospital directory. 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.
Will never share without permission	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. Minnesota law also requires consent for most other sharing purposes.
Fundraising	In the case of fundraising: We may contact you for fundraising efforts, but you can tell us not to contact you again.

Our Uses and Disclosures



Uses & disclosures for TPO	How do we typically use or share your health information? We need your consent before we disclose protected health information for treatment, payment, and operations purposes, unless the disclosure is to a related entity, or the disclosure is for a medical emergency and we are unable to obtain your consent due to your condition or the nature of the emergency. The following is why we would typically use or share your health information: Treatment. We can use your health information and share it with other professionals who are treating you only if we have your consent. We can release your health records to health care facilities and providers outside our network without your consent only if it is an emergency and you are unable to provide consent due to the nature of the emergency. We may also share your health information with a provider in our network. <i>Example: A doctor treating you for an injury asks another doctor about your overall health condition.</i> Run our organization. We can use and share your health information to run our practice, improve your care, and contact you when necessary. We are required to obtain your consent before we release your health records to other providers for their own health care operations. <i>Example: We use health information about you to manage your treatment and services.</i> Bill for your services. We can use and share your health information to bill and get payment from health plans or other entities only if we obtain your consent. <i>Example: We give information about you to your health insurance plan so it will pay for your services.</i>
Other uses and disclosures	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.
Public health and safety	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, including maltreatment of a child or vulnerable adult. • Preventing or reducing a serious threat to anyone's health or safety.
Research	Do research. We can use or share your information for health research if you do not object.
Comply with the law	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 are complying with federal privacy law.
Organ and tissue donation	Respond to organ and tissue donation requests. We can share health information about you with organ procurement organizations only with your consent.
Medical examiner	Work with a medical examiner or coroner. We can share health information with a coroner and medical examiner when an individual dies. We need consent to share information with a funeral director.



Workers' comp, law enforcement, government	Address workers' compensation, law enforcement, and other government requests. We can use or share health information about you for the following: • For workers' compensation claims. • For law enforcement purposes or with a law enforcement official with your consent, unless required by law. • With health oversight agencies for activities authorized by law. • For special government functions such as military, national security, and presidential protective services with your consent, unless required by law.
Respond to legal actions	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.
Other state law	Other State Law. In Minnesota, we need your consent before we disclose protected health information for treatment, payment, and operations purposes, unless the disclosure is to a related entity, or the disclosure is for a medical emergency and we are unable to obtain your consent.

Our Responsibilities

Maintain privacy & security	We are required by law to maintain the privacy and security of your protected health information.
Inform of breach	We will let you know promptly if a breach occurs that may have compromised the privacy or security of your information.
Follow notice practices	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 give us permission in writing. If you give us permission, 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

Changes to the terms of the 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 website.
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Other Instructions

Effective Date	
Name of Privacy Official	Amadin Kahin
Contact	Amadin Kahin, Privacy Official · Akahin@holdingarms.com Holding Arms L.L.C. · 9001 E Bloomington Fwy, Ste 129B, Bloomington, MN 55420

Acknowledgment of receipt. I received a copy of this Notice of HIPAA Privacy Practices.

Client / Legal Guardian (print)		Date	
Signature		Relationship (if guardian)	