

## Notice of Privacy Practices - Trillium Counseling Services

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.**

### Your Rights

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

#### You have the right to:

##### 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 I have about you. Ask me how to do this.
- I will provide a copy or a summary of your health information, usually within 30 days of your request. I may charge a reasonable, cost-based fee.

##### Ask me to correct your medical record

- You can ask me to correct health information about you that you think is incorrect or incomplete. Ask me how to do this.
- I may say “no” to your request, but I’ll tell you why in writing within 60 days.

##### Request confidential communications

- You can ask me to contact you in a specific way about your medical information (for example, home or office phone) or to send your medical information to a different address. I will say, “yes” to all reasonable requests.

##### Ask me to limit what I use or share

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

##### Get a list of those with whom I’ve shared information

- You can ask for a list (accounting) of the times I’ve shared (disclosed) your health information, for up to six years prior to the date you ask, who I shared it with, and why.
- I will include all the disclosures except for those about treatment, payment, and healthcare operations, and certain other disclosures (such as any you asked me to make). I’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. I will provide you with a paper copy promptly.

### **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. I will make sure the person has this authority and can act for you before I take any action.

### **File a complaint if you feel your rights are violated**

You can file a complaint with me if you feel I have violated your rights.

- To file a complaint with me, please submit your request in writing to: Theresa Evans, 3130 Logan Valley Rd., Traverse City, MI 49684, or call me at (231) 409-8622, or email me at [trilliumcounseling@protonmail.com](mailto:trilliumcounseling@protonmail.com).
- 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, by calling 877-696-6775, or visiting [www.hhs.gov/ocr/privacy/hipaa/complaints/](http://www.hhs.gov/ocr/privacy/hipaa/complaints/)
- I will not retaliate against you for filing a complaint.

### **Your Choices**

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

In these cases, you have both the right and choice to tell me 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 me your preference - for example, if you are unconscious - I may share your information if I believe it is in your best interest to do so. I may also share your information when needed to lessen a serious and imminent threat to health or safety.*

In these following cases, I **never** share your information unless you give me written permission:

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

In the case of fundraising:

- I may contact you for fundraising efforts, but you can tell me not to contact you again. I will honor your request to not contact you again.

### **Confidentiality of Alcohol and Drug Abuse Records**

The confidentiality of alcohol and drug abuse patient records maintained by my practice is protected by Federal law and regulations, including those regulations contained in 42 CFR Part 2. Generally, I may not say to a person outside of my practice that you are a patient here, or disclose any information identifying you as an alcohol or drug abuser, unless:

- You consent 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.

Violation of the Federal law and regulations by my practice is a crime. Suspected violations may be reported to appropriate authorities in accordance with Federal regulations.

Federal law and regulations do not protect any information about a crime committed by you either at my practice or against me, or about any threat to commit such a crime.

Federal laws 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.

See 42 U.S.C. 290dd-3 and 42 U.S.C. 290ee-3 for Federal laws and 42 CFR part 2 for Federal regulations

## **My Uses and Disclosures**

### **I typically use or share your health information in the following ways:**

- **Treatment**

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

*Example: I may discuss your diagnosis with your primary care provider who is prescribing medication for you.*

- **Run my practice**

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

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

- **Bill for your services**

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

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

### **How else can I use or share your health information?**

I am 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. I have to meet many conditions in the law before I can share your information for these purposes.

### **Help with public health and safety issues**

I 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**

I can use or share your information for health research.

### **Comply with the law**

I 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 I am complying with federal privacy law.

### **Respond to organ and tissue donation requests**

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

### **Work with a medical examiner or funeral director**

I 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**

I 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**

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

### **My Responsibilities**

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

### **Changes to the Terms of this Notice**

I can change the terms of this notice, and the changes will apply to all information I have about you. The new notice will be available upon request, on my **website (trilliumcounselingservices.net)**, and **I will either mail a copy to you or hand it to you in person.**

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**Effective Date of Notice: May 6, 2023**

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