



## **HIPPA - Notice of Privacy Practices: Effective December 1st, 2017**

### **Notice of Psychologist's Policies and Practices to Protect the Privacy of Your Health Information**

HIPAA requires that I give you the following Notice of Privacy Practices, which reads as a legal document. This note describes how clinical and medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

#### ***I. Uses and Disclosures for Treatment, Payment, and Health Care Operations***

I may use or disclose or be required to disclose your *protected health information (PHI)*, for *treatment, payment, and health care operations* purposes with your *consent*. To help clarify these terms, here are some definitions:

- **"PHI"** refers to information in your health record that could identify you.
- **"Treatment, Payment and Health Care Operations"**
  - Treatment is when I provide, coordinate or manage your health care and other services related to your health care. An example of treatment would be when I consult with another health care provider, such as your family physician or another psychologist.
  - Payment is when I or you obtain reimbursement from your healthcare provider for my services. Examples of payment are when I disclose your PHI to your health insurer to obtain reimbursement for your health care or to determine eligibility or coverage.
  - Health Care Operations are activities that relate to the performance and operation of my practice. Examples of health care operations are quality assessment and improvement activities, business-related matters such as audits and administrative services, and case management and care coordination.
- **"Use"** applies only to activities within my office such as sharing, employing, applying, utilizing, examining, and analyzing information that identifies you.
- **"Disclosure"** applies to activities outside of my [office, clinic, practice group, etc.], such as releasing, transferring, or providing access to information about you to other parties.

#### ***II. Uses and Disclosures Requiring Authorization***

I may use or disclose PHI for purposes outside of treatment, payment, and health care operations only when your appropriate authorization is obtained. An "authorization" is written permission that permits only specific disclosures above and beyond your general consent. In those instances when I am asked for information for purposes outside of treatment, payment and health care operations, I will obtain an authorization from you before releasing this information. I will also need to obtain an authorization before releasing your psychotherapy notes for any purpose except as noted otherwise herein. "Psychotherapy notes" are notes I have made about our conversation during a private, group, joint, or family counseling session, which I have kept separate from the rest of your medical record. These notes are given a greater degree of protection than PHI. You may revoke all such authorizations (of PHI or psychotherapy notes) at any time, provided each revocation is in writing. You may not revoke an authorization to the extent that (1) I have relied on that authorization; or (2) if the authorization was obtained as a condition of obtaining insurance coverage, and the law provides the insurer the right to contest the claim under the policy.

#### ***III. Uses and Disclosures with Neither Consent nor Authorization***

I may use or disclose PHI without your consent or authorization in the following circumstances:

- **Child Abuse:** If I know, or have reasonable cause to suspect, that a child is abused, abandoned, or neglected by a parent, legal custodian, caregiver or other person responsible for the child's welfare, the law requires that I report such knowledge or suspicion to Child Protective Services - Iowa Department of Social Services.
- **Adult Abuse:** If I know, or have reasonable cause to suspect, that a vulnerable adult (disabled or elderly) has been or is being abused, neglected, or exploited, I am required by law to immediately report such knowledge or suspicion to Adult Protective Services - Iowa Department of Social Services.
- **Abuse by a Healthcare Provider:** If I know, or have reasonable cause to suspect, that an inappropriate sexual relationship has taken place between a healthcare provider and patient.
- **Health Oversight:** If a complaint is filed against me with the Iowa Department of Health on behalf of the Board of Psychology, the Department has the authority to subpoena confidential mental health information from me that is relevant to that complaint.
- **Judicial or Administrative Proceedings:** If you are involved in a court proceeding and a request is made for information about your diagnosis or treatment and the records thereof, such information is privileged under state law, and I will not release information without the written authorization of you or your legal representative, or a subpoena of which you have been properly notified and you have failed to inform me that you are opposing the subpoena or a court order. The privilege does not apply when you are being evaluated for a third party or where the evaluation is court ordered. You will be informed in advance if this is the case.
- **Serious Threat to Health or Safety:** When you present a clear and immediate probability of physical harm to yourself, to other individuals, or to society, I may communicate relevant information concerning this to the potential victim, appropriate family member, or law enforcement or other appropriate authorities.
- **Worker's Compensation:** If you file a worker's compensation claim, I must, upon request of your employer, the insurance carrier, an authorized qualified rehabilitation provider, or the attorney for the employer or insurance carrier, furnish your relevant records to those persons.

#### **IV. Patient's Rights and Psychologist's Duties**

##### **Patient's Rights:**

- **Right to Request Restrictions** - You have the right to request restrictions on certain uses and disclosures of protected health information about you. However, I am not required to agree to a restriction you request.
- **Right to Receive Confidential Communications by Alternative Means and at Alternative Locations**- You have the right to request and receive confidential communications of PHI by alternative means and at alternative locations. (For example, you may not want a family member to know that you are being seen. Upon your request, I will send your bills to another location).
- **Right to Inspect and Copy** - You have the right to inspect or obtain a copy (or both) of PHI in my mental health and billing records used to make decisions about you for as long as the PHI is maintained in the record. On your request, I will discuss with you the details of the request process.
- **Right to Amend** - You have the right to request an amendment of PHI for as long as the PHI is maintained in the record. I may deny your request. On your request, I will discuss with you the details of the amendment process.
- **Right to an Accounting** - You generally have the right to receive an accounting of disclosures of PHI regarding you. On your request, I will discuss with you the details of the accounting process.
- **Right to a Paper Copy** - You have the right to obtain a paper copy of this notice from me upon request, even if you have agreed to receive the notice electronically.

##### **Psychologist's Duties:**

InnerSelf Therapy Services 3408 Woodland Ave. Ste. 304B West Des Moines, Iowa 50266

- I am required by law to maintain the privacy of PHI and to provide you with a notice of my legal duties and privacy practices with respect to PHI.
- I reserve the right to change the privacy policies and practices described in this notice. Unless I notify you of such changes, however, I am required to abide by the terms currently in effect.
- If I revise my policies and procedures, I will provide you with a written notification, by mail, of those revisions on or before the effective date.

#### ***V. Complaints***

If you are concerned that I have violated your privacy rights, or if you are dissatisfied with my privacy policies or procedures, you may file a complaint with my practice by contacting Rhonda Haler, M.S., at (515) 984-0225, Ext. 4. You also may file a written complaint with the U.S. Department of Health and Human Services at the following address:

Secretary of Health & Human Services  
US Department of Health & Human Services  
200 Independence Avenue SW  
Washington, DC 20201

#### ***VI. Effective Date, Restrictions and Changes to Privacy Policy***

This notice went into effect on December 1, 2017. I reserve the right to change the terms of this notice and to make the new notice provisions effective for all PHI that I maintain. I will provide my patients with a revised notice upon their next office visit (following the revision).