BODY AND MIND COMPANY

Notice of Privacy Practices

Effective Date: November 1, 2026

Your Privacy Matters

This notice explains how your personal and health information may be used or shared, how we protect your information, and your rights regarding your records. Please review it carefully.

1. How We Use and Share Your Information

Your information is confidential. We may use or share your information when necessary for:

- **Treatment:** Coordinating your care with other healthcare providers when appropriate.
- **Payment:** Processing insurance claims, collecting payments, or handling billing.
- **Healthcare Operations:** Managing our practice, maintaining records, improving services, and meeting professional requirements.

We may also disclose information when required or permitted by law, including:

- When there is a serious and immediate threat to someone's safety.
- When reporting suspected abuse or neglect as required by law.
- When responding to a valid court order or other legal requirement.
- When necessary for public health or certain government oversight activities authorized by law.

2. When Your Written Permission Is Required

We will obtain your written authorization before using or sharing your information for purposes not described in this notice when required by law.

For example, we generally need your written permission to:

- Share your records with an employer, attorney, or other person at your request.
- Use your information for marketing purposes.
- Share information for other purposes not otherwise permitted by law.

You may withdraw your written authorization at any time by submitting a written request. This will not affect information already shared based on your authorization.

3. Your Privacy Rights

You have the right to:

- **Request access** to your health records and obtain copies, subject to applicable law.
- **Request corrections** if you believe information in your records is inaccurate or incomplete.
- **Request confidential communication**, such as asking us to contact you through a particular phone number or email address.
- **Request restrictions** on certain uses or disclosures of your information.
- **Request an accounting** of certain disclosures of your health information.
- **Receive a paper copy** of this notice at any time.
- **File a complaint** if you believe your privacy rights have been violated.

Some requests may be limited or denied when permitted by law.

4. Confidentiality in Couples Therapy

When providing couples therapy, information shared by either partner may become part of the shared treatment record. We take precautions to protect the privacy of both individuals.

Our specific policies regarding individual communications, secrets, and access to couples therapy records are explained in the Informed Consent Agreement, a document that is completed during the intake process.

5. Our Responsibilities

We are required by law to:

- Protect the privacy and security of your health information.
- Provide you with this notice explaining our privacy practices.
- Notify you if a breach occurs that compromises the privacy or security of your protected health information, as required by law.
- Follow the privacy practices described in the current version of this notice.

We reserve the right to update our privacy practices and this notice. Any revised notice will be made available upon request and posted on our website, if applicable.

6. Questions or Complaints

If you have questions or concerns about your privacy, please contact:

Body and Mind Company
Privacy Contact: Laura Ahlstrom
Phone: 702.823.0826
Email: bodynmindco@gmail.com

You may also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, at:

https://www.hhs.gov/hipaa/filing-a-complaint/

You will never be penalized or retaliated against for filing a privacy complaint.