

NOTICE OF PRIVACY PRACTICES

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.

Summary

Sports and Beyond, LLC DBA Jeff Lahti Physical Therapy is required by law to maintain the privacy of individually identifiable health information about you, to provide this Notice of our legal duties and privacy practices, notify affected individuals following a breach of unsecured protected health information and to abide by the terms of this Notice.

We may use or disclose health information about you for the purpose of your treatment, and also to the extent necessary to obtain payment for treatment and for certain administrative purposes, including evaluation of the quality of care that you receive. We may also use or disclose identifiable health information about you without your authorization in certain other circumstances. For example, subject to certain requirements, for public health purposes, for auditing purposes, for research studies and for emergencies. We also provide health information when required by law.

Uses or disclosures other than those described in this Notice will be made only with your written authorization. If you do authorize a use or disclosures, you have the right to take back or "revoke" your authorization at any time by submitting a revocation in writing. We are unable to take back any use or disclosure that we have taken an action in reliance on the use or disclosure as previously indicated.

For additional information, or to make a complaint with respect to your privacy rights, you may contact our Compliance Department or to the Department of Health and Human Services Office for Civil Rights, contact information is listed at the end of this Notice.

Protected Health Information

Protected health information (PHI) is your information created or received by a healthcare provider that relates to your past, present or future physical or mental health or condition, to the provision of health care to you or to payment for your health care.

How we May Use and Disclose Protected Health Information About You

We may use or disclose your protected health information without your consent or authorization for purposes of your treatment, for payment purposes, and for certain administrative and other healthcare operations.

Treatment:

We will use and disclose your protected health information to provide, coordinate or manage health care provided by us and by other health care providers. For example, information obtained by a Therapist or any other healthcare professional will be used to determine and document the course of treatment that works best for you. We will also provide your physician or subsequent healthcare provider with copies of various reports that should assist them in treating you and to continue care.

Health Care Operations:

We may use or disclose your protected health information in order to support our business activities and health care operations. These activities include, but are not limited to, quality assessment studies and improvement activities, communication about products or services, reviewing the competence or qualification of health care professionals, conducting training programs, business planning and development, business management and general administrative activities.

Other Users and Disclosures That Do Not Require Your Authorization

- **Required by law.** We may use or disclose your protected health information to the extent that use or disclosure is required by law. The use or disclosure will be made in compliance with the law and will be limited to the relevant requirements by the law.
- **Public health activities.** We may disclose medical information about patients for public health activities. Generally, these activities include the following reports:
 - To notify people of recalls of products they may be using;
 - To notify a person who may have been exposed to a disease or may be at risk for contracting or spreading a disease or condition; or
 - To notify the appropriate government authority if we believe a patient has been the victim of abuse or neglect, as required by law.
- **Highly confidential information.** Certain Federal and state laws may require special privacy protections for certain highly confidential information about you. Highly confidential information may include confidential information under Federal laws governing alcohol, and drug abuse information and genetic information as well as State laws that often protect the following types of information: (1) mental health and/or developmental disabilities services; (2) HIV/AIDS; (3) genetic tests; (4) communicable disease(s); (5) Alcohol and drug abuse; (6) child abuse and neglect; (7) domestic or elder abuse; and/or (8) sexual assault. In order for your Highly Confidential Information to be disclosed for a purpose other than those permitted by law, we will require your written authorization.
- **Health oversight activities.** We may disclose protected health information to a health oversight agency for activities authorized by law, such as audits, investigations and inspections. Oversight agencies seeking this information include

government agencies that oversee the health care system, government benefit programs, other government regulatory programs and civil rights laws.

- Law enforcement purposes. We may disclose protected health information, so long as applicable legal requirements are met, to law enforcement officials for law enforcement purposes.
- Special government functions. We may disclose protected health information for certain specialized government functions, such as national security and intelligence, protective services for heads of state.
- Threats to health or safety. Consistent with applicable federal and state laws, we may disclose your protected health information, if we believe that the use or disclosure is necessary to prevent or lessen a serious and imminent threat to the health or safety of a person or the public.
- Workers compensation. We may disclose your protected health information as permitted or required to comply with worker's compensation laws and other similar legally established programs.

Uses and Disclosures to Which You Have an Opportunity to Object

- Individuals involved in your care or payment for care. If you consent, do not object, or we reasonably infer that there is no objection, we may disclose protected health information about you to a family member, personal representative or other person identified by you who is involved in your health care or payment for your health care. If you are incapacitated or it is an emergency, we will use our professional judgement to determine whether disclosing protected health information is in your best interest under the circumstances. This includes in the event of your death unless you have specifically instructed us otherwise. You also have the right to request a restriction on our disclosures of your protected health information to someone who is involved in your care.
- Right to Request Restriction for Disclosures Related to Self-Payment. You have the right to request the non-disclosure of health information to a health plan for treatment in situations where you have paid in full out-of-pocket for a health care item or service.

Uses and Disclosures of Protected Health Information Requiring Your Authorization

- Marketing. Your authorization is required for any use or disclosure of protected health information for marketing except in situations in which the communication is in the form of a face-to face communication or a promotional gift.
- Sale. Your authorization is required for any disclosure of protected health information which is a sale, as defined under applicable law.

Your Rights Regarding Your Protected Health Information

You have the following rights related to your protected health information. You will need to give a written request in order to exercise these rights.

To request restrictions: You have the right to request that we restrict the uses or disclosures of your information for treatment, payment or healthcare operation. You may also request that we limit the information we share about you with a relative or friends. In most cases we are not required to agree to a patient request to restrict except, you have the right to restrict disclosures of information to your commercial health information plan regarding services or products that you have paid for in full, out-of-pocket, we must grant such a request. In all other cases, we are not required to agree to requests. If we do agree, we will comply with your request unless the information is needed to provide emergency treatment and/or safe patient care and we cannot agree to limit uses or disclosures that are required by law.

Requests for restriction must be made in writing and include: (i) what information you want to limit, (ii) whether you want to limit use or disclosure or both and (iii) to whom you want the limits to apply. We may terminate our agreement to a restriction by notifying you. Termination of the agreed restriction will only apply to protected health information received after notice was given to you.

To choose how we contact you: You have the right to ask that we send your information at an alternative address or by an alternative means. For example, you can ask that we only contact you by mail or at work.

Requests must be made in writing; you do not need to give us a reason for your request. We must agree to your request as long as it is reasonably easy for us to do so. When appropriate, we may condition the provision of a reasonable accommodation upon receiving information relating to how payment arrangements will be made.

To inspect and obtain a copy of your protected health information: With a few exceptions (such as records compiled in anticipation of litigation), you have a right to inspect or receive copies of your protected health information that is kept in a "designated record set." A "designated record set" is a group of records that includes billing records and records used to make decisions about you. If your protected health information is maintained in an electronic format, you are permitted to receive access to information you requested in electronic format or may have the information transmitted electronically to a designated recipient. You may be charged a fee for the cost of copying, making or other expenses associated with your request.

If we deny your access, you may ask for our decision to be reviewed. We will choose a licensed healthcare professional to review your request and the denial. The person conducting the review will not be the person who denied the request. We will comply with the outcome of the review.

To request amendment of your protected health information: If you believe that your information is incorrect or incomplete, you may ask that the information be amended. You have the right to request an amendment for as long as the information is maintained by us.

A request for amendment must be made in writing. Requests for an amendment will be denied if it is not in writing or does not include a reason to support the request. In addition, we may deny the request if the protected health information is: (i) correct and

complete; (ii) not created by us and/or not part of our records; (iii) not permitted to be disclosed; or (iv) not part of a designated record set.

If we approve the amendment, we will make appropriate changes and inform you and others, as needed or required. If we deny your request, we will explain the denial in writing to you and explain any further steps you may wish to take.

To find out what disclosures have been made: You have the right to request an accounting of disclosure. This is a list of disclosures we have made regarding your protected health information. A request for an accounting must be in writing and must state the time period that may not be longer than six years prior to the date on which you request the list and may not include dates before January 1, 2021.

Certain types of disclosures are not included in such an accounting, these include disclosure made for treatment, payment and healthcare operations; incidental to permitted uses/disclosures; your family, or the facility directory, or pursuant to your written authorization; disclosures made for national security purposes, to law enforcement officers or correctional facility. If specific personal identifying information has been removed before disclosure, we may not be required to include such a disclosure in the list. The first request within a 12-month period will be provided for free, there may be a charge for more frequent requests. If there will be a charge, we will notify you of the cost in advance.

To receive this notice: You have a right to receive a paper copy of this Notice upon request.

We reserve the right to change our Notice of Privacy Practices and to make the new provision effective for all protected health information we maintain, including protected health information received in the past as well as protected health information received after the effective date of the new Notice. A current copy of our Notice will be posted in our office(s) and will also be available on our web site, www.jefflahti.com. You may also obtain a copy by writing or calling the office and asking that one be mailed to you or by asking for one the next time you are in our office.

To be notified following a breach of the patient's unsecured protected health information: In the unlikely event that a patient's unsecured protected health information has been compromised, Sports and Beyond, LLC DBA Jeff Lahti Physical Therapy will notify the patient of such an incident.

For More Information or to Make a Complaint

If you believe your privacy rights have been violated, you can file a complaint with the Department of Health and Human Services office at www.hhs.gov via the OCR Complaint Portal or call the U.S. Department of Health and Human Services, Office for Civil Rights toll-free at 1-800-386-1019, TDD: 1-800-537-7697.

There will be no retaliation for filing a complaint.